

## MICRODERMABRASION AFTERCARE

Microdermabrasion aftercare is an essential part of your microdermabrasion program.

Your aftercare program should include an SPF30 moisturizing product, a pH balancing cleanser, and a clinical strength range of Vitamin A or AHA products. Ask your practitioner for recommendations. In addition, we've prepared the following list of pre- and post-treatment recommendations:

### 1. Before Microdermabrasion

- Don't undertake any invasive cosmetic procedures prior to a deep microdermabrasion treatment, unless advised by your practitioner.
- Avoid sun bathing for a few days before your microdermabrasion treatment.
- Don't wax any part of your face for 2 days prior to your session. The same applies to any part of the body that will be treated in the session.

Some people make a note on their calendars so they don't inadvertently forget these precautions.

### 2. Microdermabrasion Aftercare

To get the most out of each treatment, it's important that you also do the following after each session:

- Don't sun bathe or use sun beds for 7 days. Sunscreen is a must whenever you are exposed to the sun, so apply a high protection 30+ SPF sunblock cream or lotion.
- Don't swim in chlorinated pools for 24 hrs. Some clients prefer to wait a week.
- Don't wax for at least 7 days.
- Don't do any exercise for 24 hrs. Perspiration may cause a stinging sensation on your skin and induce a marked flush.

If you do notice a red flush to your skin, rest assured that this will dissipate in a few hours.

- Avoid wearing makeup for 24 hours. If possible, leave the skin clean and fresh for the remainder of the day.
- Don't exfoliate (scrub) the treated skin for 7 days.
- Microdermabrasion can be a dehydrating procedure so your skin may feel dry and tight, and you may experience some flaking. Be sure to thoroughly cleanse and moisturize every day.

Date:

Signature: