

Pre- and post-procedure instructions for microdermabrasion

Pre-procedure instructions

Two days prior to treatment, discontinue using all alpha hydroxy acid products (those containing glycolic or lactic acid), salicylic acid products, retinoids (Retin A, Renova, Differin and Tazorac) and other topical acne medications such as benzoyl peroxide. If in doubt about using any product, please discontinue it and discuss with the nurse at your appointment.

The following procedures should not be performed for a minimum of 7 days before microdermabrasion:

- Waxing
- Tweezing
- Electrolysis
- Laser treatments (any kind)
- Injections (Collagen & BOTOX)
- Chemical peels (any kind)
- Facials

NOTE: If you have a history of herpes simplex virus (cold sores or fever blisters), in rare instances a reactivation of this condition could occur after treatment. Please inform your nurse or physician so that an anti-viral medication can be prescribed before the treatment.

Post-procedure instructions

Cleanse and moisturize your skin twice daily.

Do not use any alpha hydroxy acid products (those containing glycolic or lactic acid), salicylic acid products, retinoids (Retin A, Renova, Differin and Tazorac) and other topical acne medications such as benzoyl peroxide for 72 hours after the treatment.

Do not directly expose the treated area to the sun for at least 48 hours after the treatment. Use a sunscreen every day that blocks both UVA and UVB rays, preferably one containing zinc or titanium dioxide which should not irritate the skin.

The following procedures should not be performed for a minimum of 7 days after microdermabrasion:

- Waxing
- Scrubs or exfoliants
- Electrolysis
- Tweezing
- Injections (Collagen & BOTOX)
- Laser treatments (any kind)
- Facials or masks
- Chemical peels (any kind)

If you do undergo these procedures after the 7 day waiting period, notify the appropriate person that you have had microdermabrasion.

The following is a partial list of ingredients that you should avoid for 72 hours after microdermabrasion:

- Artificial color/fragrance
- Alpha hydroxy acids (including glycolic and lactic acid)
- SD Alcohol
- Lanolin

- Salicylic acid
- Benzoyl peroxide
- Hydroquinones (Alustra, Lustra AF, and Glyquin)
- Retinoids (Retin A, Renova, Differin and Tazorac)
- Propylene glycol

Recommended products which will enhance your response to the treatment:

- DCL Non-Drying Cleansing Lotion (Blue) - gentle liquid cleanser. Use 1 to 2 times daily.
- DCL No Sting Chemical Free Sunblocking Cream - contains non-irritating sun protection ingredients for sensitive skin. Use daily.
- DCL Post-Peel Recovery Cream - specially formulated to help moisturize the skin after treatments. Use 1 to 2 times daily as a moisturizer.

If you have any questions, please do not hesitate to call our office at (859) 554-0519.