

**MICRO-DERMABRASION****PRE-TREATMENT MICRODERMABRASION**

- No chemical peels for at least 2 weeks prior to treatment
- No excessive or vigorous exercise within 12 hours before treatment
- Do not use Depigmenting Gel or Retin A for 5 days before a Micro-dermabrasion
- No excessive sun exposure to the facial area
- Do not have any implants, injectables or Cosmetic procedures in the area for at least 2 weeks prior

**MICRO-DERMABRASION****POST-TREATMENT MICRODERMABRASION**

- Gently cleanse your skin tonight and tomorrow morning. Do not use active ingredients on the day of your Micro-dermabrasion. Ask us to recommend a cleanser if you are unsure of what to use.
- You may lightly exfoliate your skin tomorrow night.
- Do not use any irritating products, swim or perform excessive exercise for 48 hours after the treatment as this may irritate the skin.
- If make-up is used on the day of the use a barrier cream such as Sorbolene or Cetaphil.
- Do not sunbake and always use a high protection sunscreen.
- Occasionally there may be superficial crusting or peeling of the skin. It will settle after 3 –4 days. You may use a soothing moisturiser, which can be purchased through the clinic.
- Most clients who undergo this treatment have only a little redness lasting between 1 to 12 hours. However periods of redness may extend for several days for some clients, depending on skin types and/ or intensity of treatments.
- Do not use Depigmenting Gel or Retin A for 5 days after a Micro-dermabrasion as these may cause irritation.
- Do not pick or pull at any loose or exfoliating skin. This could cause damage or pigmentation problems.
- The use of an appropriate skin care regime will ensure maintenance of fresh healthy skin.  
Your consultant will discuss the most suitable for your skin type.  
If you experience any swelling or reaction please call the clinic. You may use an antihistamine medication or a hydrocortisone cream to calm any reaction.  
Not everyone responds the same, but these guidelines apply to most clients.