

# [the med spa]

## Microdermabrasion

### PRE AND POST CARE

#### Pre Care

1. Avoid use of Accutane for 3 months prior to treatment.
2. Avoid extensive sun exposure for a week prior to treatment. Apply sunscreen (at least SPF30) as part of your daily skin care regimen before routine exposure to daylight.
3. At least 3 days prior to the treatment, stop taking Retin-A or Retinols, and any anti-inflammatory drugs.
4. For men, please avoid shaving on the day of treatment.
5. If you have a history of herpes simplex (cold sores), you might need preventative medication. This procedure could induce an episode of herpes lesions in patients who have had them previously.
6. If doing a peel, please avoid shaving on the day of the peel. Do not wax at least one week prior to treatment.
7. On the day of the treatment, please come to the office with a fully cleaned face. If possible, no makeup, cologne or aftershave should be applied.

#### Post Care

1. You may have mild redness and minimal swelling (like a sunburn) for a few minutes up to 48 hours. You may apply aloe vera or cold compress. Anything you apply to your skin over the next day or two may feel tingly or irritating.
2. Wait at least 3 hours or until redness has subsided before applying makeup.
3. Avoid direct sunlight and tanning beds. Use sunscreen with SPF 30 or higher.
4. Avoid excessive heat, hot showers and exercise for 24 hours as internal heat can cause hyperpigmentation. Use cool water and gentle cleaners for 48 hours.
5. Flaking and dryness is common and should resolve within one week. Do NOT ever pick loose or exfoliating skin as this may cause scarring or infection.

6. Jessner: May start peeling days 2 – 7. Refrain from using AHA's, salicylic acid products, retinoids, and other topical acne medication for 24 to 72 hours after the treatment.

I understand the above instructions. I understand the risks and signs of side effects and complications such as severe redness, swelling, pain, or signs of infection and I will call [the med spa] 409-838-7899 office and a physician immediately if I have any questions or concerns.