

# Patient Information

## Post Treatment Skin Care

Your microdermabrasion treatment has exposed new, vibrant, healthier skin. Right now, your skin is very receptive to nourishing, therapeutic products and gentle care. At the same time, it is more vulnerable to irritation and damage.

### **First 48 Hours**

Your skin has a greater need for soothing, nourishing products. You may find that you are sensitive to products that you usually use and tolerate well. The following is a partial list of “unfriendly” ingredients that must be avoided: artificial color, artificial fragrance, SD alcohol, lanolin, propylene glycol, white petrolatum, Octyl Methoxy Cinnamate or other chemical sunscreens.

### **First 72 Hours**

The following are some therapeutic products and ingredients that should be avoided for the first three (3) days unless instructed otherwise by your doctor or technician: Retin-A, Renova, any retinal, alpha hydroxy acids (including glycolic acid), beta hydroxy acids, hydroquinone, benzoin peroxide, enzyme peels or masques, any scrubs or exfoliating agents.

### **Daily Care**

Remember – cleanse, moisturize and protect!

### **Days 1-3**

**AM:** Cleanse with a gentle, non-AHA cleanser. Pat skin dry.

Suggested: antioxidant serum, hydrating moisturizer, eye cream and SPF 30 imperative.

**PM:** Cleanse with a gentle, no-AHA cleaners. Pat skin dry.

Suggested: nutritive serum, hydrating moisturizer and eye cream.

### **Days 4-7**

**AM:** Cleanse with a gentle cleaner. Pat skin dry

Suggested: antioxidant serum, hydrating moisturizer, eye cream and SPF 30 imperative.

If treating hyperpigmentation, use of HQ product is recommended.

**PM:** Cleanse with a gentle cleanser. Pat skin dry.

Suggested: nutritive serum, hydrating moisturizer and eye cream. Retinol usage may resume as tolerated. If treating hyperpigmentation, use of HQ product is recommended.

### **Before Next Treatment**

If you are undergoing a series of microdermabrasion treatments, remember to discontinue AHA and retinoid use at least three (3) days before your next appointment. It is strongly suggested that you do not have injections (collagen or Botox) 7-10 days before your treatment.