

Patient Information

Microdermabrasion

Microdermabrasion And How It Works

Microdermabrasion is a safe, progressive approach to skin care that was developed in Italy in 1987. Using vacuum, and sometimes positive pressure, the machine and the specially-designed handpiece allow micro-fine crystals to pass over the skin. As the crystals make contact, they actually blast off a thin layer of the outer skin (dermis). The handpiece then vacuums off the dead skin and crystal particles. The procedure exfoliates the dry, dull skin, while stimulating circulation and collagen production.

Each treatment removes one to two layers of dead skin cells, depending on the condition that is being treated. The depth of treatment is determined by the trained operator and controlled through the speed of the handpiece, crystal flow and the number of passes. Since each treatment is customized, patients can be treated at their own comfort levels.

Candidates For Microdermabrasion

Unlike traditional dermabrasion, laser resurfacing or chemical peels, microdermabrasion is safe for men and women of all skin conditions and colors. The best candidate for microdermabrasion is one who wishes to improve the appearance of their skin and is willing to take an active role in protecting and maintaining the results. Microdermabrasion improves the overall appearance and tone of your skin; collagen production and circulation are improved; and the skin surface is smoother and healthier.

Customized Treatment Plan

After your initial consultation, a customized plan will be developed for you. Microdermabrasion is a progressive skin treatment. Your success depends on multiple treatments on a strict schedule.

Often called “The Lunch Time Peel,” each session may take between 30 minutes to one hour, depending on the areas being treated. Your skin may be slightly reddened for 20 minutes to one hour after the treatment but it is perfectly safe to apply your make-up and return to normal activities. There is no recovery or “down time” associated with microdermabrasion.

Number of Treatments

Your personalized regime will be determined by the skin condition being treated and your desired results. The number of treatments can vary from 4 to 12, depending on the severity of your condition and treatment goals. Stretch marks and acne scars require the greatest number of treatments.

Microdermabrasion treatments should be performed 7 to 10 days apart. It is vitally important that you adhere to the scheduled that is developed for you. Waiting longer than 14 days between treatments can interfere with your progress.

After your desired results have been achieved, you will want to have maintenance treatments at least every three months.

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Advance Preparation

If you are using any skin care products containing Retin-A, hydroquinone, or glycolic acid, you will want to stop using them 48 hours before your treatment. You may resume their use 24 hours after treatment.

Skin that has been overexposed to the sun and is sunburned should not be treated.

How Soon Will You See Results?

Remember, microdermabrasion is a progressive procedure. You will definitely feel softer, smoother skin and may see subtle improvement after only one visit. You will see visible improvement after four treatments. The benefits continue to multiply with each additional treatment as increased circulation is noted within the dermis and newer, healthier skin cells are seen at the surface.

Treatable Skin Conditions

Microdermabrasion has been clinically proven to significantly reduce the appearance of:

- * wrinkles
- * fine lines
- * acne
- * acne scars
- * stretch marks
- * age/sun spots
- * enlarged pores
- * clogged pores
- * flaking & dry skin
- * uneven pigmentation

Is Microdermabrasion Painful?

For normal treatments, you will experience the sensation of vacuum suction and crystal particles making contact with your skin. This should not be a painful experience. Sensitive areas around the eye and upper lip may feel more tender, but the technician will adjust the machine in these areas to prevent discomfort.

Special Products Before or After The Procedure?

Dependent upon the goals of your treatment protocol, certain prescription medications may be recommended, as well as a special series of skin care serums formulated for use specifically during and after microdermabrasion treatments.

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Frequently Asked Questions

Is microdermabrasion safe?

Yes, very safe. This is a shallow depth treatment and is safe and effective for many skin types and conditions.

Does it help acne?

Yes. It has been found to be very effective for both active and cystic acne. Microdermabrasion is even appropriate for treating teenage acne.

Does it remove scars?

Scars may respond very well to microdermabrasion. Results vary based on several factors such as the age of the scar, depth of the scar tissue, individual skin types, location and the care given to the area between treatments.

Can it help get rid of stretch marks?

Currently there are numerous practice and physicians in the country using this therapy for the treatment of stretch marks. The consensus is that the newer the stretch mark, the better the response seems to be. In most cases, improvement is seen to some degree. A consultation would be recommended in order to better assess the degree of improvement that might be gained.

Will I need time to recuperate?

No. You may return to your normal activities immediately following the procedure. If you so desire, you may reapply your makeup immediately after the procedure.

You may experience some pink or slightly red areas, which should fade quickly. If you desire a treatment which leaves you with no redness at all, the technician can adjust the machine in order to give you a very light peel. It is important to note that "redder is better" in the end in that it leads to enhanced dermal circulation and stimulation of collagen production within the dermis. The degree of redness you experience will be directly related to the amount of stimulation during the procedure.

Does it work on wrinkles?

Superficial fine lines and wrinkles respond well to microdermabrasion. Deep wrinkles or dynamic lines may be softened somewhat, but cannot be completely resolved through microdermabrasion. Other treatment such as Botox injections, laser resurfacing and/or surgical facelifts may be necessary to achieve more dramatic results.

Can this replace laser treatment?

No. If your degree of wrinkling is such that laser resurfacing is needed, microdermabrasion may not give you the results you hope to achieve; however, microdermabrasion therapy may be recommended following laser to help maintain results and resolve resulting hyperpigmentation.

Does it get rid of sun spots or skin discoloration?

Yes, It can be very effective in removing unwanted pigmentation, sun damage and uneven skin color and tone. In some cases, the doctor may recommend a prescription product to enhance the results of microdermabrasion. Sun protection is essential however when treating skin discoloration disorders. A sun block will be required during and after the treatment.

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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, benzoil 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.