



Pre and Post Procedure Treatment

Microdermabrasion

It is essential to delay usage of products containing AHA (glycolic or lactic acid), salicylic acid products, any topical acne medications like benzoyl peroxide, and retinoids (Retin-A, EpiDuo, Differin, Renova, etc) **2 days** prior to treatment, and **3 days** after treatment

If any questions arise please discuss with nurse prior to treatment. Always consult with your physician prior to temporary delay in prescribed medications.

Avoid for 5 days Pre and Post Procedure:

- Waxing
- Electrolysis
- Laser Treatments
- Injectables (Collagen & Botox)
- Chemical Peels

It is advised to avoid direct sun exposure to the treated area for at least 2 days.

Use sunscreen daily to protect against UVA and UVB. Sunscreens containing zinc or titanium oxide are recommended to not irritate the skin.

After treatment it is encouraged to not apply make-up to the face, but to allow the skin to stabilize and rest overnight. Make-up maybe applied if desired 15 minutes after treatment.

A gentle cleanser/lotion... 1-2 times daily

Sunscreen application daily

Hydrating moisturizer or serum daily as needed.

Facial Peels

Also with Facial peel treatments, it is advised to delay usage of any products containing AHA (glycolic or lactic acid), salicylic acid products, any topical acne medications like benzoyl peroxide, and retinoids (Retin-A, EpiDuo, Differin, Renova, etc) **5 days** prior to the procedure, and **5 days** post procedure. This helps aid in reducing additional irritation to the skin.

Always consult with your physician prior to temporarily delaying use of prescribed medication.

Avoid for 5 days Pre and Post Procedure:

- Waxing
- Electrolysis
- Laser Treatments
- Injectables (Collagen & Botox)

Women pregnant or lactating are only advised to use alternative peel treatments.

After treatment it is encouraged to not apply make-up to the face, but to allow the skin to stabilize and rest overnight. Make-up maybe applied if desired 15 minutes after treatment.

It is common to experience redness and flakiness of the skin for several days, post treatment. It is important to never pick or pull any loosening or peeling skin, for this could potentially cause harm to the skin..

It is advised to avoid direct sun exposure and excessive heat to the treated area.

Use sunscreen daily to protect against UVA and UVB. Sunscreens containing zinc or titanium oxide are recommended to not irritate the skin.

Hydration of the skin is key in the recovery process of this treatment

A gentle cleanser/lotion... 1-2 times daily

Sunscreen application daily

Hydrating moisturizer or serum daily as needed.

