



## Advanced Dermatology

Skin Cancer and Laser Surgery Center, P.C.

www.advaderm.com

### Board Certified Dermatologists

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## MICRODERMABRASION POST-TREATMENT CARE

- Do not use Retinoid products, Glycolic Acid products, or any other Alpha Hydroxy Acid products for 48 hours after your Microdermabrasion procedure, unless directed by Advanced Dermatology.
- Cleanse skin and moisturize liberally for at least 48 hours after the procedure.
- No exposure to sunlight or tanning beds for at least 48 hours after the procedure.
- No waxing of treated area for at least one week (7 days) after the procedure.

### What to Expect After Treatment

#### Skin Peeling

- The skin may feel tight as if exposed to the sun or wind for 24 to 48 hours after the procedure. Some patients may experience slight to moderate skin peeling.

#### Redness and Swelling

- Deeper treatment for shallow scars or moderate to heavy sun damaged skin may appear slightly red and swollen for a few hours.
- Patients who have sensitive skin may appear this way for a few days.
- A treatment may sometimes leave "stripes" or "red lines" that resemble fine scratches. This symptom is temporary and may relate to skin sensitivity.

### Following Microdermabrasion

- The skin is more receptive to nourishing. The skin should always be protected from the sun. Following Microdermabrasion, sun protection is even more vital.
- For a 48 hour period following your procedure, the skin has greater need for moisturization.
- The following is a partial list of "unfriendly" ingredients, which must be avoided for 48 to 72 hours following Microdermabrasion.

- Artificial Color	- SD Alcohol	- Lanolin
- Artificial Fragrance	- Propylene Glycol	- White Petroleum
- Octyl Methoxy Cinnamate or other Chemical Sunscreens		

- The following are some therapeutic products and ingredients that should also be avoided the first 72 hours following Microdermabrasion.

- Retin A	- Any Retinol	- Alpha Hydroxy Acids
- Renova	- Hydroquinone	- Beta Hydroxy Acids
- Benzoyl Peroxide	- Enzyme Peels	- Any Exfoliating Agents

- Additionally, the following procedures should not be performed for a minimum of 7 days before or after the Microdermabrasion.

- Waxing	- Electrolysis	- Facial Steaming
- Injections (Botox, Collagen, Fat, Etc.)		- Electric Facial