



## Advanced<sup>®</sup> Dermatology

Skin Cancer and  
Laser Surgery Center, P.C.

[www.advaderm.com](http://www.advaderm.com)

### Board Certified Dermatologists

#### General Dermatology

Gregory G. Papadeas, D.O.  
James T. Chapman, M.D.  
Steven A. Brenman, D.O.  
Jamie G. Surovik, M.D.  
Jennifer A. Ray, M.D.  
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Powell Perng, M.D.  
Anne H. Hanson, D.O.  
Roger I. Ceilley, M.D.

#### Mohs Micrographic Surgery

Darlene Johnson Skow, M.D.  
Misha D. Miller, M.D.  
Jamison E. Strahan, M.D.

#### Dermatopathology

Sean Amsbaugh, M.D.

#### Pediatric Dermatology



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## MICRODERMABRASION

### POST-TREATMENT CARE

- Do not use Retinoid products, glycolic acid products, or any other alpha hydroxy acid products for at least 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 the treated area for at least one week (7days) 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 a 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 Chemical Sunscreens		
- The following are some therapeutic products and ingredients that should 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, ect)		-Electric Facial



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## **CHEMICAL PEELS**

Although chemical peels have been used in plastic surgery and dermatology for many years, new technology has allowed its use to predictably and precisely treat prematurely sun-aged skin. Chemical peels may be used to tighten fine lines, decrease the depth of scars, and partially reverse the effects of sun damage on the lips and skin. During this procedure, Trichloroacetic Acid (TCA) is used to remove the thin superficial layer of your skin (epidermis). Once this is done, the underlying layer of your skin (dermis) can be tightened to provide a firm, youthful complexion.

However, no procedure is without risks. The risks involved with this procedure are:

1. **Skin color change:** The treated area may heal either lighter or darker in color than the surrounding skin. These changes are usually temporary, but may be permanent.
2. **Infection of the treated area** with bacteria, virus, or yeast.
3. **Scarring**, which may be variable and related to a patient's natural ability to heal. A critical factor in preventing scarring is very stringent wound care and close postoperative follow-up to check for early infections/complications.
4. **Recurrence of the lesions treated.**

This procedure is not a trivial one. It requires a great deal of cooperation and motivation from the patient to ensure a good result, free of complications. The healing as noted below takes time. Normally at least ten days is required for the patient to comfortably return to work and even then, your face will still be quite red. Protection from the sun is extremely important. Even small amounts of sun exposure can cause pigmentation problems that may persist up to a year.

Once your chemical peel is scheduled, you will be given prescriptions to begin preparing for the peel treatment. These prescriptions include:

1. **Retin A:** This is a cream that can be used to help prepare the skin for chemical peel treatment and to aid healing after treatment. Use is each night before you go to bed by applying a pea-sized amount to your entire face. This may cause the face to become slightly red and dry.
2. **Hydroquinone:** This cream may help to prevent your skin from healing a darker color than was previously there. Use it once a day approximately two weeks after the treatment. This cream will only be prescribed if you have skin that tan easily.
3. **Antibiotic:** This medication is started the night before the chemical peel treatment and will prevent an infection from arising.





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4. **Antiviral:** This medication is started the night before or the morning of the chemical peel treatment and will prevent a breakout of cold sores (please notify the doctor if you've had cold sores in the past)

### **What is to be expected during the healing phase after the chemical peel treatment?**

**3-5 days:** You will experience oozing and crusting of the treated areas. These areas will appear very raw and crusty and must be kept with Aquaphor or Cetaphil cream. The severity usually depends on the depth and extensiveness of the treatment.

**7-10 days:** Usually the peeling process is completed and, if applicable, you can begin shaving. This is the time when it is critical to finish up all your medications and to continue rigorous skin hygiene. If one grows careless, a secondary infection may develop.

**10-14 days:** The crusting has usually subsided and, if applicable, you can begin to apply makeup. The treated areas will appear red at first and sun exposure should be strictly avoided. The areas will also be very tight and dry, so good moisturizer will need to be applied.

**14 days- 6 weeks:** The treated areas will still be pink. At this point, daily sunscreen should be reinstated and Hydroquinone, a cream to prevent pigmentary darkening post-procedure, may also be implanted for 2-4 weeks, if your doctor has prescribed it for you.