

MICRODERMABRASION

Microdermabrasion is a skin exfoliating procedure used to improve the tone, texture, and color of the skin and is especially helpful in improving the lusterless appearance of facial skin that often accompanies photoaging. It is also helpful for improving minor facial discoloration (brown or age spots) and very fine lines or wrinkles. Acne blemishes, blackheads, and whiteheads can likewise be improved.

Microdermabrasion exfoliates the skin and stimulates new collagen formation. It does so by projecting fine crystals under pressure on to the skin causing them to loosen and fall off. The procedure is nearly painless and can be completed in less than 15 minutes. You can return to work or other activities immediately, with only mild redness as a sign that the procedure has been done. There is very little or no time needed after the peel for recovery. Most patients require 6-10 procedures at 2-4 week intervals to achieve optimum results. You will also be given recommendations for daily skin care and sunscreen use, which are necessary to maintain this improvement.

Pre-Operative Preparation

(AVOID THE FOLLOWING FOR AT LEAST **48 HOURS** PRIOR TO YOUR MICRODERMABRASION)

- Medicated facial products such as acne products, Retin A, Renova or similar products, Alpha Hydroxy Acids such as Glycolic Acid.
- Clay mask, scrubs, or other exfoliating agents.
- Self-tanning agents.
- Facial waxing or electrolysis.

Additionally:

- Avoid sun tanning at least 6-8 weeks before treatment.
- You should not have taken Accutane for at least one year prior to your treatment.
- If you have a history of cold sores, fever blisters, or herpes infections, please notify us.

Operative Procedure

- Your skin will be professionally cleansed prior to the treatment.
- Eye protection and keeping your mouth closed is mandatory to avoid crystals getting into these areas.
- If you note eye irritation do not rub, notify the aesthetician who can use an eye irrigation solution to relieve the irritation.
- The procedure feels like a “prickly” sensation but is not painful

Post Microdermabrasion

- Generally, make-up can be applied the next day.
- Avoid exercise for at least a few hours after the procedure.
- Direct sun exposure without sunscreens of SPF 15 or higher should be avoided.
- You may resume normal daily skin care and moisturizers immediately after treatment.
- Do not resume glycolic acid products, Retin A, Renova, or other medicated creams for 48 hours.
- Remember that improvement is not immediate and a series of microdermabrasion is necessary to obtain optimum results.
- Unfortunately, as with all cosmetic procedures, no assurances or guarantees can be given regarding the final result.

We are pleased you have chosen New England Dermatology & Laser Center for your skin care and appreciate your confidence in us.