

Microdermabrasion Pre & Post Care Instructions



BEFORE your microdermabrasion treatment:

1. Do not wear makeup to your microdermabrasion treatment.
2. Avoid any irritants to your skin. such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for one week before your microdermabrasion treatment.
3. Do not wax or use a depilatory on treatment areas for 1 week prior to your microdermabrasion treatment.

AFTER your microdermabrasion treatment:

1. Avoid sun exposure and tanning beds to treated areas after treatment (we recommend this indefinitely). Daily sunscreen with an SPF of at least 30 is vital to maintain your improved skin.
2. Avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for one week after your microdermabrasion treatment.
3. Do not wax, tweeze or use a depilatory to the treated areas for one week after your microdermabrasion treatment.
4. Wait until the next morning to apply makeup.
5. Approximately 48 hours after treatment, your skin may start to peel. This peeling will generally last 2 to 3 days. **DO NOT PICK OR PULL THE SKIN.**

Our Resurfacing exfoliating pads or Micro-peel exfoliant are recommended as home-care to decongest the skin further for ultimate results and to relieve peeling.

NAME: _____

DATE: _____

SIGNATURE: _____

Please call us if you have any questions at 778-379-5444

Your referrals are greatly appreciated. We will send you a \$50 gift certificate towards your next treatment for each friend or relative that you refer to us.