




Microdermabrasion– Pre & Post Care Instructions





BEFORE your treatment:

 **MUST NOT** have new permanent makeup or injectables on or near the treatment area. Please ensure you have allowed adequate time (at least 2 weeks) since injectables or permanent makeup for the areas to heal and settle.


 **USE SUNSCREEN** with an SPF of at least 30 daily. Excessively tanned or burned skin cannot be treated. Sun exposure must be avoided two weeks prior to treatment.


 **AVOID** any irritants on and around the area, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for at least two weeks prior to treatment.


 **DO NOT** use self-tanning agents for at least two weeks before any treatment. If you have used these products, thoroughly cleanse the area with an abrasive/exfoliating scrub to remove all product two weeks prior to treatment.

 **DO NOT** pluck or wax the area at least one week prior to Microdermabrasion. **DO NOT** use bleach or “Nair”-type products on the area for two weeks prior to treatment. This can cause irritation and burns to the skin.

AFTER your treatment:

 **AVOID** excessive sun exposure and tanning beds for at least 24 hours after treatment. Daily sunscreen with an SPF of at least 30 is vital to protecting your new luminous skin!

 **AVOID** any irritants on and around the area, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for at least one week after your Microdermabrasion.

 **DO NOT** pluck or wax the area at least one week after your Microdermabrasion Facial. **DO NOT** use bleach or “Nair”-type products on the area for two weeks prior to treatment. This can cause irritation and burns to the skin.

 **USE** ZO Skin Health Effects Exfoliating Polish or Vitascrub and Effects TE/Cebatrol Pads to maintain optimal results.

NAME: _____ DATE: _____ SIGNATURE: _____

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.

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