

## Patient Information for Microdermabrasion

### **What is Microdermabrasion?**

Microdermabrasion is a superficial exfoliation of the outer epidermal layer of skin. It removes dead skin cells and stimulates collagen formation, creating a smooth, more even appearing skin texture and tone.

### **How is Microdermabrasion performed?**

The procedure involves spraying a fine jet of sand-like crystals onto the skin and using a controlled vacuum to sweep them up. As a result, damaged cell layers are removed and collagen formation is stimulated to improve and maintain the elasticity of the skin.

### **What is Microdermabrasion used for?**

- hyperpigmentation
- keeping pores clean and opening blackheads
- uneven skin tone or texture
- smoothing of fine wrinkle lines
- softening some acne scars and other minor depressed forms of scarring
- Keratosis Pilaris – chronic inflammation of the skin surrounding the follicles
- stretch marks may be improved and less noticeable, but cannot be removed
- decreasing skin dullness associated with aging skin

#### **Contraindications:**

- Keloidal scarring

#### **Cautions:**

- pregnancy
- patients with lupus
- patients on certain acne medication

#### **Alternatives:**

- glycolic peels
- photorejuvenation

#### **Microdermabrasion is not used to treat:**

- skin cancers
- skin growths
- precancerous lesions

### **How many treatments are needed?**

The cumulative results of microdermabrasion are significant when repeated every week or two for six to sixteen weeks, depending on the individual and on the area(s) of skin treated.

### **How long are treatments?**

Depending on the area being treated, a typical microdermabrasion treatment takes fifteen to thirty minutes. Microdermabrasion is so convenient that it is commonly called the “lunchtime peel.”

### **Pre-treatment instructions:**

- avoid alpha hydroxy products 24hrs before treatment
- refrain from tanning, waxing, chemical peels, and collagen injections two weeks prior to treatment.

### **Post procedure instruction:**

- Avoid alpha hydroxy products for 48hrs after a treatment.
- Use a sunscreen or block with SPF of 30 or greater to protect the skin from UVA and UVB rays.
- No tanning for 72hrs after treatment.
- The skin is typically dry and taut and it is important to properly cleanse and hydrate it for several days.
- Expect skin to be pink to red in color usually fading that same day.
- For deeper microdermabrasion treatments the skin will be red and swollen for a day or two.
- If you develop cold sores frequently and you have been prescribed medication, use the medication throughout microdermabrasion treatments.
- If you have any concerns do not hesitate to call the office.