

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.