

## Microdermabrasion Pre and Post Treatment

### Pre-Treatment Instructions

- If you have had a fever blister or cold sore, you should consult with your physician for a pre-use medication to help avoid a possible breakout. That medication should be used for 2 days before and 2 days after microdermabrasion treatment

### Post-Treatment Instructions

- Always wear a SPF of 30 or more
- Avoid physical exercise or chlorinated swimming pools for 24 hours after treatment as a stinging sensation may be experienced
- Increase fluid (especially water) intake for 2-3 days after treatment
- Do not use Retin-A, Retinols, or Glycolic Acid for 2-4 days after treatment
- Avoid exfoliating for 3 to 7 days after treatment
- Avoid heavy sun exposure for 1 week after treatment
- Monthly follow-up treatments are recommended to maintain best results

### What to Expect

- Skin may be slightly swollen, scratchy, tightened, pinkish/red or mildly sunburned for the first 24 hours