

#### **PRE-MICRODERMABRASION INSTRUCTIONS:**

1. It is recommended that contact lenses be removed prior to microdermabrasion.
2. If you are prone to cold sores, please notify technician. You will be provided with a dose of Acyclovir prior to treatment, and another dose to take with dinner.
3. Discontinue use of over the counter Retinoids, Retinol, Glycolic and other Alpha Hydroxy Acids, Salicylic or Beta Hydroxy Acids, or other exfoliation products **three (3) days** prior to treatment.
4. Discontinue use of prescription Retinoid products (Retin-A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin), other prescription Retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) **7-10 days** prior to treatment.
5. No waxing, electrolysis, other hair removal products or methods within **seven (7) days** prior to treatment.
6. No Botox injections within **three (3) days** prior to treatment.
7. No collagen or other dermal filler injections within **one week** prior to treatment.
8. Follow all pre-microdermabrasion home care product recommendations as instructed by your Technician. Optimal results are achieved by following a home care regimen that will enhance the microdermabrasion process.

#### **POST-MICRODERMABRASION INSTRUCTIONS:**

1. A skin microdermabrasion procedure can exfoliate up to 25 microns of the top surface (stratum corneum) of your skin. The stratum corneum is made up of dead skin cells that provide a buffer to your living cells. Any substance that is applied post-treatment is absorbed very quickly and deeply.
2. A slight rosy glow, much like sunburn, may appear for approximately 24-48 hours. Your skin may feel "wind-burned" and will also be more vulnerable. The risk of getting sunburned following a treatment increases dramatically.
3. You may resume your daily activities or return to work immediately. Cosmetic make up can be applied following a treatment. If you experience discomfort following make-up application, remove.
4. Sunscreen will be applied to your skin before you leave. You must protect your skin every day with a full spectrum sunscreen that protects both UVA and UVB with an SPF of 20 or higher. We recommend you use a sunscreen containing zinc oxide and titanium dioxide to provide you with full spectrum protection. Tanning must be avoided.
5. For the first **24-48 hours**, use a mild cleanser, hydrating moisturizer, eye cream, and sunscreen. If you are treating hyperpigmentation, the use of lightening products is strongly recommended.
6. Do not use glycolic, alpha hydroxy, beta hydroxy, Retin A, retinol, benzoyl peroxide or topical acne medications for **24-48 hours** following treatment. You may resume products after this period or as instructed by your technician.
7. You may resume prescription retinoid products **three (3) days** after last microdermabrasion treatment, or as instructed by your technician. If you are receiving a series of treatments, do not resume any of these products until after you have completed your last microdermabrasion treatment.

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8. Refrain from waxing, electrolysis, collagen and Botox injections for **seven (7) days** following a microdermabrasion treatment. Upon resumption, please notify your technician that you have recently had a microdermabrasion treatment.
9. Avoid exercise for at least a few hours after procedure. Drink additional water. Cold compresses can provide relief from the “wind-burned” feeling.