



## **Microdermabrasion: Pre and Post Treatment Instructions**

**Microdermabrasion is a non-invasive procedure using micro crystals and vacuum suction to remove the outermost layer of dead skin cells revealing younger, healthier-looking skin. Microdermabrasion exfoliates skin to stimulate cell turnover, improve tone and polish away mild sun damage, surface irregularities, enlarged pores, and fine lines.**

### **PRE TREATMENT:**

- Avoid the sun both before and after treatment. Recently tanned skin cannot be treated. Treatment within 2 weeks of active tanning (natural sunlight, artificial tanning booth, or sunless tanning products) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months if at all.
- Discontinue the use of topical medications and products that may be irritating to the skin 2 weeks prior to treatment. Avoid all retinols and acne products, alpha-hydroxy acids and any kind of peel or any home Microdermabrasion kit or mechanical exfoliation (buff puff, etc.)
- If you have a history of Cold Sores (perioral herpes simplex virus), we may recommend prophylactic antiviral therapy in the form of Valtrex or Acyclovir. Please let our office know in advance of your appointment if you need a prescription.

### **POST TREATMENT:**

- Immediately after treatment, there may be mild to moderate redness and possibly some swelling and red streaking in the treatment areas. These side effects are temporary (range 2 hours to two days) and are similar to the feeling of a sunburn. Avoid all irritating products on skin and follow your VanderVeer Center prescribed home care instructions and Volante® products.
- Use cool compresses and/or Volante Restorative Night Cream after treatment for added comfort.
- Makeup may be used after the treatment as long as the skin is not irritated.
- Avoid all sun exposure to reduce irritation and burning and use Elta MD® sunblock (SPF 30+), at all times when the treatment area will be exposed to the sun and outdoors.
- Treat the skin gently, as if you had a sunburn, for the first 48 hours. Avoid very hot showers, hot tubs, saunas, and swimming pools for the first 72 hours post treatment.
- For best results and efficacy, we recommend a series of 6 treatments administered at 1-4-week intervals. You may notice immediate as well as longer term improvements in your skin.

Please call your provider at **(503) 443-2250** with any questions or concerns you may have.