



## RESURFACING TREATMENT/MICRODERMABRASION/CHEMICAL PEELS

### Pre-Treatment

Each individual will respond differently to resurfacing treatments and will experience different results. Some clients may be able to afford the downtime with sloughing skin while others may want a light refreshing treatment without the sloughing.

There are multiple ways to individualize a program and make a treatment more or less aggressive. Following are different ways you can customize the outcome with home care products and the treatment

- To receive optimal results, prepare your skin at least 2 to 4 weeks prior to your first resurfacing treatment. By exfoliating your skin with home skin care products, the resurfacing treatment you receive will be more effective. Commitment to a home skin care program will enhance your outcome. Remember 75% of your results is what you do at home with effective products.
- Over or under use of the home skin care products may adversely affect the results. It is recommended that you use the products up to the day prior to the appointment. With any resurfacing treatment, products containing Glycolic, Salicylic, Retinol, or Retin-a must not be used AT ALL 3 days prior to treatment.
- After the treatment, skin care regimens may need to be adjusted to fit your current skin condition. For optimal results, proper skin care regimens are vital both pre- and post-treatment.
- No sun/tanning bed exposure for week prior to a microderm or chemical peel.
- If you are prone to cold sores you may want to take medication prior to your treatment to suppress them. Please consult your Esthetician if this is something you may experience.

### Post-Treatment

- Aerobic exercise or vigorous physical activity should be avoided for the first 48 hours.
- Direct sunlight exposure is to be completely avoided immediately following the treatment (including any strong UV light exposure and tanning beds). If some sun exposure cannot be avoided, first apply sunscreen with an SPF of 30 or greater. Sunscreen (with at least a SPF of 30) should become a part of your daily skin care regimen as your skin will become more sensitive to the sun as a result of this treatment.
- Use the Post-Treatment Home Care Kit provided to you by your skin care professional.
- **DO NOT** apply any type of glycolic acid or exfoliation products as this can severely damage or irritate the skin during the entire healing process.
- **DO NOT** rub, scratch or peel your skin at ANYTIME, whatsoever. This WILL cause damage and compromise your results, as well as possibly cause severe scarring or hyperpigmentation.
- If you experience painful areas of the face or blisters contact your Esthetician immediately for proper care. .