



MICRODERMABRASION

Microdermabrasion involves the application of tiny, rough crystals to rub away the upper layers of dead skin cells. The cells are then gently removed by a suction device attached to the same crystal depositing head. The combination of abrasion and suction allows the skin's healing process to commence and bring back newer skin cells which look and feel smoother.

Repeated sessions may be indicated depending on your skin type and the degree of sun damage.

This information sheet outlines the suggested treatment, its risks, and pre- and post-treatment care instructions. It is important that you read all information carefully and completely. Your doctor/nurse may provide you with additional or different information which is based on your particular case.

TREATMENT AREAS

- Sun damage
- Age spots
- Uneven pigmentation
- Clogged pores
- Skin texture problems
- Overall skin complexion

CONTRAINDICATIONS

Some patients are not suitable for microdermabrasion. These include patients with a lot of fine capillaries, broken spider blood vessels or tendency to rosacea in the mid face. Such patients can develop pinpoint bleeding under the skin.

PRE-TREATMENT

- Skin should be free of all wounds and cold sores.
- Skin should not be red or inflamed.
- Eyes are always protected with shields during the procedure.
- Before treatment, do not over-expose yourself to the sun or a solarium.
- Do not apply an exfoliation treatment at home.

DURING THE TREATMENT

You will be at rest on a reclining couch under soft lights, with protective eye pads and a head band. Your face will be cleansed of all make-up prior to treatment. The hand piece is applied sequentially over your forehead, temples, mid face, nose, upper lip, lower face, and chin. You may feel a slight pulling sensation as the hand piece moves over your face, but there is no pain or discomfort. The treatment is usually completed within 30 minutes and is followed by an application of cosmeceutical serum to promote healing.



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SIDE EFFECTS

After the microdermabrasion treatment, your skin may feel as though it has suffered a light sunburn. This is normal and due to the fact that the hydro-lipidic film that naturally protects the skin's surface has been removed. It will take about 48 hours to heal and rebuild.

AFTERCARE

- Drink plenty of water.
- Use hydrating products adapted to your skin type.
- Use protective SPF50+ sunscreen.
- Stay out of the sun for one week.
- Wait one week before resuming use of any Retinol-A, AHA, glycolic acid or essential oil products.
- Wait two weeks between treatments.

In the 48 hours after the treatment:

- Avoid saunas, swimming pools, sun exposure and tanning salons.
- Use sunscreen.
- You may use your dermaroller again.

NOTES

If you have any questions or concerns, please call us on 6228 0041.