

## **COMPLIANCE PRIOR TO MICRODERMABRASION TREATMENT**

1. Discontinue the use of Accutane/Isotretinoin for **one (1) year** prior to treatment.
2. Discontinue use of over the counter Retinol (Retin-A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin) for **30 days** prior to treatment. Also discontinue scrubs, Glycolic and other Alpha-Hydroxy-Acids, Salicylic or Beta-Hydroxy-Acids, Vitamin C or other exfoliation products **3 days** prior to treatment.
3. If you are prone to cold sores, you will need to contact your physician for antiviral medication to avoid a post treatment breakout. Begin prophylaxis **2 days** prior to treatment and continue after treatment as prescribed by your doctor.
4. Discontinue the use of Botox, Juvederm, Restylane, or other injectibles, waxing, electrolysis and other hair removal products or methods for **2 weeks** prior to treatment.
5. 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.

## **COMPLIANCE AFTER MICRODERMABRASION TREATMENT**

Microdermabrasion can exfoliate up to 25 microns of the top surface of your skin. Any substance that is applied post-treatment is absorbed very quickly and deeply. A slight rosy glow, much like sunburn, may appear for approximately 24-48 hours. Your skin may feel sensitive and will also be more vulnerable to sunburn.

1. You may resume your daily activities or return to work immediately. Mineral make up can be applied following a treatment. If you experience discomfort following make-up application, remove it immediately.
2. You must wear full spectrum UVA and UVB sunscreen SPF of 30 + every day after the treatment. Avoid direct sun exposure and tanning beds during the course of treatments.
3. For the first **24-48 hours**, use a mild milk cleanser, hydrating moisturizer, eye cream, and sunscreen. If you are treating hyperpigmentation, the use of lightening products is strongly recommended.
4. Do not use Glycolic, Alpha-Hydroxy, Beta-Hydroxy, vitamin C, scrubs, benzoyl peroxide or topical acne medications for **3-5 days** following treatment.
5. You may resume prescription Retinoid products **10- 14 days** after **LAST** microdermabrasion treatment.
6. Refrain from waxing, electrolysis or other hair removal methods for **30 days** post treatment.
7. Refrain from Botox, Restylane or other tissue filler injections for **7 days** following treatment.
8. Avoid exercise for at least **3-5 days** after treatment. Drink additional water. Cold compresses can provide relief from the "sun-burned" feeling.

**Failure to follow these instructions may result in prolonged healing or other complications post microdermabrasion treatment.**

If you have any questions or concerns please do not hesitate to call us at 289.775.5639 or e-mail sylvia@bionomespa.com