



Advanced Skin Care Treatment Post Op Instructions

Microdermabrasion, Dermaplaning, Chemical Peel, Microdermabrasion, Micro/Chem

Microdermabrasion is an advanced form of physical exfoliation. It is recommended that anyone undergoing treatment does not exfoliate their skin for 7-10 days following treatment. It is necessary for all people, regardless of skin care regime, treatments, or lack thereof, to wear sunscreen every day to avoid sun damage, accelerated aging of the skin, and cancerous UV rays. As extreme exfoliation can cause sensitivity and leave skin susceptible to sun damage, it's necessary to wear sunscreen following treatment with a strength of minimum of SPF 45. After treatment, we recommend that you refrain from any unnecessary sun exposure including but not limited to tanning beds, extended time in the sun, and laser therapy on treated areas. One should be very gentle with skin following Microdermabrasion, as skin will be sensitive, so we recommend not using any skin products that may cause irritation or are known to cause a slight reaction for 2-3 days post treatment depending on your skin's nature of sensitivity.

Example: Retinol/RetinA/Resorcinol

It is recommended that post-treatment, you use products that will be beneficial for your skin's health, but also heal, soothe and nourish your skin following an advanced skincare treatment, as professional skincare products will reinforce the benefits from a professional treatment and provide optimal results. One should not wet their face, apply products other than products recommended by the provider, or apply makeup. Please do not engage in any exercise or any action that exerts a heightened amount of energy, visit a sauna/steam room, visit a communal pool, or engage in any action that causes perspiration for at least 24 hours after treatment. Physical exfoliation of the skin is not expected from microdermabrasion, however if you do experience such, please do not pick, rub, or scratch at exfoliating skin, as this will cause severe damage to fresh skin.

Chemical Peels & Micro/Chems

Chemical peels are advanced forms of chemical exfoliation. It is recommended that anyone undergoing Chemical exfoliation not exfoliate their skin for 7-10 days following treatment. Depending on the strength of your treatment, it might be necessary to refrain from at-home exfoliation for more than 10 days. Your provider will discuss this with you at the time of your treatment. It is necessary for all people, regardless of skin care regime, treatments, or lack thereof to wear sunscreen every day to avoid sun damage, accelerated aging of the skin, and cancerous UV Rays. As extreme exfoliation can cause sensitivity and leaves skin susceptible to sun damage, we recommend that you refrain from any unnecessary sun exposure including but not limited to tanning beds, extended time in the sun, and laser therapy on treated areas. One should be very gentle with the following chemicals peels, as skin will be sensitive, so



We recommend not using any skin products that can cause irritation or are known to cause a slight reaction for 2-3 days post-treatment depending on your skin's nature of sensitivity.

Example: Retinol/RetinA/Resorcinol

It is recommended that post-treatment, you use products that will be beneficial for your skin's health, but also heal, soothe, and nourish your skin following an advanced skincare treatment, as professional skincare products will reinforce the benefits from a professional treatment and provide optimal results. One should not wet their face, apply products other than products recommended by the provider, or apply makeup. Please do not engage in any vigorous exercise, visit a sauna/steam room, visit a communal pool, or engage in any action that causes perspiration for at least 24 hours after treatment. Physical exfoliation (peeling of the skin) is expected after a chemical peel treatment. Please do not pick, rub or scratch at exfoliating skin, as this will cause severe damage to fresh skin.

Should you have questions or concerns, Please call the office @ 910-323-3757.

If voicemail picks up , please leave a detailed message and someone will return your call.