

## MICRODERMABRASION AFTERCARE

- AVOID sun exposure for the next week
- AVOID exercise for 24 hours
- AVOID swimming for the next week – chemicals could irritate the skin
- DO NOT rub, pick or scratch the skin
- Use gentle cleansers and avoid harsh exfoliants for 2-3 days
- DO NOT apply fake tan or spray tan for 1 week
- DO NOT use any AHA or BHA or acidic based products for 2-3 days (eg Glycolic, Lactic, Salicylic etc) • DO NOT use any Vitamin A based products for 2-3 days (e.g. Retin A, Retinoic acid, Stieva A, Zorac etc)
- . • Moisturise and hydrate adequately day and night. Your cosmetic practitioner will advise you of the best skin care regimen for your skin to compliment this treatment and address your particular concerns.
- Use sunscreen (30+ SPF Sunscreen plus moisturiser) Please note that not all 'peels' cause visible peeling of the skin. Some peels produce a microscopic shedding of the outer dead skin layer which is not visible to the naked eye. The presence or absence of visible peeling does not impact on the final results and in some skin types aggressive visible peeling of the skin is not advised. You may experience some minor breakouts or occasional pimples after undergoing a microdermabrasion, extractions and/ or peel. If this occurs, they are very short lived and resolve spontaneously.