

Home Care Instructions: Microdermabrasion and/or Chemical Exfoliants

Every precaution has been taken to ensure your safety and wellbeing before, during and after your treatment. Please follow below instructions for your home care (post-treatment):

- Follow the home care regimen discussed with your service provider and any instructions in regards to recommended product(s) applications.
- Use a high quality broad spectrum SPF 30 sunscreen/sun block every morning even on a cloudy or rainy days.
- Do not shave treated area for 24 to 36 hours after treatment.
- Do not expose treated area to heat such as steam, hot tub, Jacuzzi, and so forth for 36 to 48 hours.
- Do not swim in a chlorinated pool for 36 to 48 hours following treatment.
- Do not use tanning beds for at least 7 days after treatment.
- Do not wax, receive electrolysis treatments, nor use loofahs on treated area for 7 to 10 days.
- Do not use any exfoliating products such as scrubs, glycolic acid, salicylic acid, and so forth for 7 to 10 days.
- Stay cool and avoid strenuous exercise for 36 to 48 hours following treatment.
- Stay out of direct sunlight for 36 to 48 hours.
- It is normal to have some redness, irritation, stinging, and tenderness after the treatment. Relieve discomfort by applying hydrocortisone or splashing/spraying with cold water. Also you may apply cold compresses to the area treated.
- If you experience any flaking or peeling it is important that do not pick or pull the loosened skin. Picking or pulling off the loosened skin could result in scarring, infection, hyperpigmentation, or hypopigmentation.