

# SUTHERLANDS

HAIR & BEAUTY

## Microdermabrasion

### Pre-Treatment Advice

1. Two days prior to treatment, discontinue using all Alpha Hydroxy Acid products (those containing Glycolic or Lactic Acid), Salicylic Acid products, Retinoids (Retin A, Renova, Differin, Tazorac) and other topical acne medications such as Benzoyl Peroxide.
2. The following procedures should not be performed for a minimum of 7 days prior to and following microdermabrasion:
  - Waxing/ Tweezing
  - Electrolysis
  - Laser Treatments (Any Kind)
  - Injections (Collagen & Botox)
  - Chemical Peels ( Any Kind)
  - Facials
3. If you have a history of herpes simplex virus (cold sores or fever blisters), in rare cases a reactivation could occur after treatment. Please inform a nurse of physician so an anti-viral medication can be prescribed prior to treatment.

### Aftercare Advice

1. Experiencing initial dryness and a feeling of mild sunburn is a normal reaction to this procedure. Please ask your therapist for a suitable skincare routine to follow after your microdermabrasion treatment.
2. Clean and moisturize your skin twice daily. Use non-active products that nurture the skin.
3. Avoid touching your face with unwashed hands following treatment.
4. Do not use acne medications for 72 hours after treatment.
5. Do not directly expose the skin to the sun for 48 hours after treatment. Use a sunscreen every day that blocks both UVA and UVB rays.
6. Avoid exercises which cause excessive sweating for 48 hours.