



Microdermabrasion Pre-Treatment Instructions

- **One (1) week prior to treatment, the following treatments and products should be avoided:**
 - Waxing, depilatories, electrolysis, or laser hair removal on treated area
 - Laser skin rejuvenation on treated area
 - Botox[®] & Dermal Filler Injections on or around the treated area
 - Any professional exfoliating treatments
 - Exfoliating masques, loofahs, and other coarse sponges

 - **Three (3) days prior to treatment, discontinue use of the following products:**
 - Tretinoin or any retinoic acid derivatives (Retin-A, Renova, Refissa, Retinol, Atralin, Avita, Tazorac or Avage, Ziana), Azelex, or Differin

 - **For optimal results, prime the skin 2-3 weeks prior to treatment with the following skin care products:**
 - **Obagi[®] CLEAR** (AM & PM) and **Obagi[®] Tretinoin Crème** (PM only). This significantly reduces the chance of post-inflammatory hyperpigmentation. The **Obagi Tretinoin Creme** should be discontinued three (3) days prior to treatment.
- OR**
- **SkinCeuticals Pigment Regulator** (AM & PM) and **SkinCeuticals Retinol** (PM only). This significantly reduces the chance of post-inflammatory hyperpigmentation. The Retinol should be discontinued three (3) days prior to treatment.
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- On the day of your appointment, please come to the spa with a fully cleansed face; no makeup, aftershave, or cologne should be applied. Avoid shaving the day of the treatment.
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- Clients with a history of recurrent herpes outbreaks should be treated with Valtrex[®] on the morning of the treatment and continue as prescribed.