



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
- Microdermabrasion or HydraFacial[™] (unless recommended by practitioner)
- Other chemical peels
- Exfoliating masques, loofahs, and other coarse sponges

**Clients can resume the above treatments when skin is healed and no signs of erythema (redness) or peeling are present; usually 5-7 days.*

➤ **Three (3) days prior to treatment, discontinue use of the following products:**

- Any retinoic acid derivatives (Retin-A, Renova, Retinol, Atralin, Avita Tazorac or Avage, Ziana), Azelex, or Differin

**Clients can resume the above products when skin is healed and no signs of erythema (redness) or peeling are present; usually 5-7 days.*

➤ **Two (2) weeks prior to treatment, prime skin with *one* of the following skin care products containing hydroxy acids:**

- **SkinCeuticals C+AHA Serum** (10% alpha hydroxy acids)- used in the morning after cleansing and toning
- **SkinCeuticals Renew Overnight Dry or Oily** (10% alpha hydroxy acids)- used in the evening after cleansing and toning
- **SkinCeuticals Intense Line Defense** (12% alpha hydroxy acids)- used in the evening after cleansing and toning

**Clients can resume using the above products when skin is healed and no signs of erythema (redness) or peeling are present; usually 5-7 days.*

➤ 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.

➤ Clients with a history of recurrent herpes outbreaks should be treated with Valtrex[®] on the morning of the treatment and continue as prescribed.