



Microdermabrasion Treatment

After Care Instructions

It is crucial to the health of your skin and the success of your microdermabrasion that these guidelines be followed:

Specific Instructions:

You may gently wash your face tonight using the recommended mild cleanser listed below. Do not scrub skin. Do not use washcloths or other face cloths that would cause extra irritation.

It is imperative that you use a mild sunscreen with an SPF of at least 30 and avoid any direct and indirect sunlight for at least 3 - 5 days. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following microdermabrasion.

Moist skin heals better than dry skin. Keep the face moisturized at all times with the mild moisturizer recommended to you. Except at bedtime, the moisturizer should be applied over the sun block. Re-apply the moisturizer as often as needed whenever the skin feels dry.

General Information:

Potential side effects for microdermabrasion may include: redness, swelling, burning, rash, cold sores, dark-spots and/or acne. If you feel that you are having a problem, please call our office at 561-748-1565 so that we may assist you.

Your skin may be more red than usual for 1 to 2 days. Please avoid strenuous exercise during this time.

Do not have any other facial treatments for at least one week after your microdermabrasion.

Do not use Retinols alpha-hydroxy acids (AHA's) or bleaching creams for 10 – 14 days after your microdermabrasion.

Recommended Product Usage:

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|-----------------------|--------------------------------------|---------------------------|
| q Ormedic Cleanser | q Ormedic Repair Cream | q Total Hyaluronic Acid |
| q Vital C Cleanser | q Vital C Cream | q Ormedic Balancing Serum |
| q Revale Cleanser | q Revale Day/Night Cream | q Revale Intensive |
| q Ormedic Lip Complex | q Solar Defense Organic / Gel spf 30 | |

Other:

4600 Military Trail, Suite 202 Jupiter Florida 33458
Phone (561) 748-1565 Fax (561) 748-1568