



**Diamond Microdermabrasion - Pre and Post Treatment Instructions**

**Pre-Treatment Instructions**

- Stop the use of alpha or beta hydroxy acids, retinol, benzoyl peroxide or products at least 3 days prior to the treatment and stop Retin A (Renova, Tazorac, Tretinoin) 1 week prior to your treatment. Inform your clinician of any changes or updates to your medical history and current skin care regimens.
- Avoid sun exposure or tanning 1 week prior to treatment.
- Remove contact lenses prior to the treatment.

**Post-Treatment Instructions**

- Your skin may be red for a few minutes to hours, to even a day or more, depending upon your skins particular sensitivity to the microdermabrasion. The redness may be patchy, and this is normal. Be sure to keep your skin moist with a good moisturizer/sunscreen. If the redness persists beyond 5 days or worsens, contact us.
- Your face may feel slightly swollen while your skin is healing after your treatment. This is normal and should subside quickly. Application of cold compresses may relieve symptoms.
- Wash your face with a gentle, acid free cleanser, tepid water, and avoid topical products that contain alpha or beta hydroxy acids, retinols or Retin A for approximately 72 hours or longer. If irritation occurs after applying the above products, wait a few more days to allow your skin to heal. Under no circumstances should you use a product that abrades the skin within that 72-hour period (scrubs), nor should you submerge the treated area in chlorinated pool or hot tub for the next 3 to 5 days.
- Your clinician can recommend post treatment skin care products for you. Gentle facial products free of fragrance and dyes would be appropriate.
- **Avoid direct sun exposure** as much as possible, especially the first week after your treatment. Be sure to apply a sunscreen of at least **SPF 30** that contains either **zinc oxide** or **titanium dioxide**.
- You may or may not experience peeling and flaking of the outer, dead layer of skin within the first few days after your treatment, and this is normal as well. To minimize the appearance, apply moisturizer liberally.
- It is possible to have patchy crusting of the skin for a few days after your treatment. **Do not pick at these areas as this can lead to scarring**. Apply bacitracin or a similar antibiotic ointment 2 to 3 times daily and allow the crusts to fall off on their own.
- Different areas of your skin may experience the above reactions at different times due to the varying sensitivities of the skin. However, if any of these reactions do occur, they should resolve within 7 days after your treatment.
- For 3 to 5 days after your treatment, your skin is more fragile. Treat it gently. Do not scrub the skin.

**If you have any questions or concerns, please call us at PURE at 208-853-7873.**

**I have read and received a copy of the Chemical Pre and Post Treatment Instructions.**

**Client Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Esthetician Signature** \_\_\_\_\_ **Date** \_\_\_\_\_