

Microdermabrasion: Post-Procedure Care

1. Treatment Area Healing & Complications:
 - a. A slight redness of the skin is normal after the microdermabrasion. This "pinkness" of the skin may last for 1-2 hours after the treatment and in some cases overnight. The skin will feel smooth, though you may feel some rough skin over the next few days. Infrequently, there are some red or faintly purple streaks present over areas of loose skin. These will fade within 3-5 days.
 - b. If you develop any streaking, persistent red or brown marks, crusting, scabbing (or any other healing issues which are different than your normal healing process), please call our office that day for special care instruction. Do not wait until your next appointment -- Dr. Duke may decide to see you for evaluation and/or Dr. Duke may change your skin care routine.
2. Avoid: Sun exposure. Wear a sunscreen with an SPF 30 that includes both UVA and UVB protection. Wearing a hat with a 3" brim or wider will help shield direct sun exposure from a face.
3. Make-up: Can be worn immediately following the procedure.
4. Post-treatment skin care:
 - a. Cleanse the skin with a gentle cleanser and moisturizer in the morning and at night. Cleanser such as Replenix Soothing Cleanser available at the office for purchase. Other options, Cereve or cethephil cleanser which is over the counter. Gentle moisturizer available at the office are ELTA MD am therapy/pm therapy or Resurfix Healing Ointment. Apply each morning and night for three to five days following the microdermabrasion. Can review with staff what is an "approved" moisturizer or cleanser.
 - b. Apply sunscreen every morning. SPF 30 or greater throughout the day. Avoid tanning booths, natural tanning and direct sun exposure.
 - c. Skin rejuvenation products (such as Retin-A, Renova, Vitamin C, Glycolic acid, Alpha Hydroxy acid, etc.): Avoid using them on the treatment area for two to five days following the procedure. Also avoid waxing, electrolysis, and chemical depilatories for 14 days post procedure.
 - d. After a week, you can return to normal skin care routine. If any products sting or make your skin irritated, then you should avoid them on the skin until your skin can tolerate them .