

Beautiful SOLUTIONS

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Pre – Microdermabrasion/Vibraderm and Diamond Tip Instructions:

- Do not use Retin-A or other exfoliating creams **24 to 72 hours (1 to 3 days)** prior to your treatment.
- Avoid sun tanning or tanning creams/sprays for at least a week before treatment
- You must NOT have recently had laser surgery or used Accutane
- Candidates who have had a recent chemical peel or other skin procedure, such as collagen injections, should wait two to three weeks before undergoing microdermabrasion.
- Prospective patients should also refrain from waxing or tanning the skin to be treated for a few weeks prior to microdermabrasion treatment.
- Wash your face and neck with a non-oily, non-soap based cleanser before each scheduled treatment.

Post - Microdermabrasion/Vibraderm and Diamond Tip Instructions

To maximize microdermabrasion recovery time and results, it is important to follow all post-procedure instruction below:

- Keep the new skin clean and moisturized
- Anti-inflammatory creams or cold compresses may be used as necessary
- Use a gentle cleanser.
- Trauma such as scratching or picking the treated area should be avoided.
- It is important to avoid irritating the treated skin with harsh chemicals, rubbing or tanning for one week.
- Although some peeling may occur in the treated areas, moisturizer should help minimize this effect.
- Avoid staying in the sun for at least **7 days** after the microdermabrasion treatment to prevent UV rays from damaging your skin which slows down the recovery.
- Patients who absolutely cannot avoid sun exposure should use a broad-spectrum sunscreen with an SPF of 30 or higher.
- Do not use glycolic, alpha hydroxy, beta hydroxy, retinol, benzyl peroxide or topical acne medications for **24-48** hours following treatment.
- You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) **3 - 7 days** after last microdermabrasion treatment or as instructed by your technician.

If you are receiving a series of treatments, do not resume any of these products until after you have completed your last medical microdermabrasion treatment. Contact Beautiful Solutions immediately in the event of any rare effects such as blistering, scabbing, or infections.