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Microdermabrasion

Patient Name: _____ DOB: _____

Pre-Microdermabrasion Instructions:

- Wash your face and neck with a non-oily cleanser prior to scheduled treatment.
- Do not use any Vitamin A derivatives (tretinoin, Tazorac, Retinols) or exfoliating products (Salicylic acid, scrubs) 2-3 days prior to procedure.
- Avoid sun tanning creams/sprays for at least a week before treatment.
- If you have had a chemical peel or any other skin procedures such as collagen injections, or laser treatments, you should wait at least three weeks before having your microdermabrasion performed.
- Refrain from waxing and tanning for at least 2 weeks before your scheduled treatment.

Post- Microdermabrasion Instructions:

- Keep the skin clean and moisturized, using a gentle cleanser and moisturizer.
- Avoid scratching and picking to treated areas.
- Wear SPF 30 or higher sunscreen, and sun protective clothing.
- You may resume prescription retinoid and exfoliating products 2-3 days following the procedure.
- You may experience redness, or a sun burn type reaction for 24-48 hours.
- You may experience acne breakouts following the procedure due to "purging" of dirt and debris.

Please contact our office with any questions or concerns regarding your treatment.

Notes:
