



MICRO-DERMABRASION INFORMATION & AFTERCARE

Introduction

Micro-Dermabrasion is a form of skin re-surfacing (or skin peeling) that is non-invasive and non-surgical. The procedure uses a highly controlled spray of fine crystals to remove the outer layer of skin and reveal the younger, tighter and more radiant skin underneath. Common treatment conditions include:

- Blackheads and congested skin
- Acne scars, acne prone skin
- Fine lines and wrinkles
- Sun damaged skin
- Uneven pigmentation
- Uneven skin texture

Who is not suitable?

If any of the following conditions affect you, it may be recommended that you do not have treatment: Diabetes, Eczema/Dermatitis, Psoriasis, Rosacea, Active Pustular Acne, Active Cold Sores, Immune Deficiency, skin cancer and use of Steroids.

After the treatment you may experience the following

- A pink glow or mild redness lasting from 1 hour to 2 days. Usually, after about a day your skin will return to its normal colour and feel more smooth and clean
- A tingling or slightly 'wind swept' sensation lasting from 1 hour to 2 days. Dryness or tightness could last from 1 to 4 days
- If a deep peeling is done on any area, healing times may be longer

Aftercare must do's

- Protect your skin using a full spectrum sunscreen daily, regardless of weather conditions.
- Keep the skin well moisturised especially for the first 3 to 4 days after treatment. You may need to use a heavier moisturiser than usual. A non-perfumed good quality product is recommended.
- Enjoy the renewed, smooth and fresh texture of your skin!

For further information on the procedure, contra-indications for the procedure and after care kindly contact the inclinic doctor.

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