

Post Microdermabrasion Skin Care Instructions

You have experienced a mild abrasion to your skin. For the first several hours you will feel as if you have a windburn on your face. This feeling will gradually dissipate. **ANYTHING** you apply to your skin over the next day or two **MAY** feel tingly or irritating.

Ease into your rejuvenation products. Apply to a small area first. After a minute or two if they are not uncomfortable, apply to your entire face. If your skin is uncomfortable, repeat this process the next time you cleanse.

ANY strenuous activity that raises your blood pressure may result in a red, itchy, tingling sensation on your face, and red striping on your neck. This can occur up to 48 hours after a the microdermabrasion procedure. This is **PERFECTLY** normal and is due to an increase in circulation. This sensation, and the red striping on your neck, will subside as soon as you decrease your activity level, and your blood pressure returns to normal.

Two to three days **AFTER** your treatment, your skin will go through a surface evaporation of moisture often resulting in dry, flaky skin. This will be intensified if your skin type is already dry. It is very important to use your skin care products to keep your skin hydrated, as they are formulated to enhance your results.

If you have dry skin, you may have purchased or been given a sample of Vitamin C Rehydration product, to combat excessive dryness, and flaking or peeling. We recommend you use this product combined with warm vapor, on the 2nd and 3rd nights after your treatment.

Instructions for use with vapor: Cleanse your skin, pat dry and apply a generous amount of your Vitamin C rehydration product. Bring water to a boil in a pan, then reduce to a very low simmer, or turn it off. Allow the **VAPOR** to reach your face, for about five minutes. **YOU DO NOT WANT HOT STEAM, JUST WARM VAPOR.** When you finish, pat the excess moisture off your skin. Massage the remaining Vitamin C product into your skin, and allow to air dry. Continue with your products in the order you were instructed as if you had just washed your face.

Vitamin C Rehydration, combined with warm vapor is **VERY** beneficial for moisture loss. We recommend you repeat this process two to three nights in a row if possible.

If you are **not** experiencing **excessive** dryness, the vapor process is **not** necessary. Vitamin C Rehydration can also be used without vapor. It is an *excellent* product to use for the much-needed additional hydration after your microdermabrasion treatments, and to maintain the proper moisture content in the skin.

With this procedure, we are removing the superficial dead cell layer of skin, allowing for maximum absorption of our rejuvenation products. The dead cell layer is *also* your protective layer of skin. We recommend that you stay out of **direct** sunlight for 48 hours after your treatment. It is a must to use your Protective Moisturizer SPF 30 at all times so as not to potentially increase your chances of creating hyper pigmentation (brown spots).