



Kavali
Plastic Surgery

Microdermabrasion Post-Procedure Instructions

A skin microdermabrasion procedure can exfoliate up to 25 microns of the top surface (stratum corneum) of your skin. The stratum corneum is made up of dead skin cells that provide a buffer to your living cells. Any substance that is applied post-treatment is absorbed very quickly and deeply. A slight rosy glow, much like sunburn, may appear from about 24-48 hours. Your skin will feel “wind-burned” and will also be more vulnerable. The risk of getting sunburned following a treatment is greatly increased.

- You may resume your daily activities or return to work immediately. Makeup can be applied immediately following a treatment. If you experience discomfort following makeup application, just remove it.
- Sunscreen will be applied to your skin before you leave. You must protect your skin every day with a full spectrum sunscreen that protects against both UVA and UVB with an SPF of 35 or higher. Avoid direct sun exposure. All tanning and tanning beds must be avoided.
- For the first 24-48 hours, use a mild cleanser, hydrating moisturizer, eye cream, and sunscreen. If you are treating hyperpigmentation, you should also continue to use your lightening product. We will outline for you which products you should use following treatment.
- Do not use glycolic, alpha-hydroxy, beta-hydroxy, retinol, benzoyl peroxide or topical acne medications for 24-48 hours following treatment. You may resume such products after this period or as instructed by your technician.
- You may resume prescription retinoid products (Retin-A, Differin, Renova, Avita, Alustra, Adapalene, Tazorac, Tazarotene) 48 hours after your last microdermabrasion treatment, OR as instructed by your technician. If you are receiving a series of treatments, be sure to ask your technician how you should best use your skin care products during your series.
- Drink additional water before and after your treatments. Hydrated skin is healthy skin!

Cold compresses can provide relief from any “wind-burned” feeling.