



**ABSOLUTE**  
COSMETIC MEDICINE

## MICRODERMABRASION AND CHEMICAL PEEL AFTER CARE

### MICRODERMABRASION AFTER CARE

#### WHAT TO EXPECT DIRECTLY AFTER A TREATMENT:

- You can expect redness and subtle inflammation to the treated area. This commonly resolves within a few hours.
- A cold compress may be used to relieve symptoms of heat, itching and swelling.
- You may experience some mild crusting. This should resolve within a week after treatment.
- Wear sunscreen and a hat when outside. Avoid direct sun exposure during your treatment period.
- Allow your skin to heal. Do not rub, scrub or exfoliate the treated area. Use a bland cleanser and moisturiser during this time.
- Do not use exfoliants for 48 hours after treatment. When recommencing your regular skin care regime, test first in a hidden area, such as under your chin.
- Avoid waxing, IPL and any laser procedures for 2 weeks after your treatment.
- If the skin is broken, or you develop a scab or blister, apply Vaseline or a 1% hydrocortisone cream (e.g. Dermaid), available over the counter from pharmacies. If signs of infection develop (redness, pain or pus) contact us immediately.
- Make-up can be applied as long as the skin is not broken, and can lessen the appearance of redness.

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### CHEMICAL PEEL AFTER CARE

- You may experience some redness and subtle inflammation to the treated area. It is normal to feel like you are sunburnt and this sensation should settle within a few hours.
- A cold compress may be used to relieve symptoms of heat, itching and swelling.
- You may experience some mild peeling. This should resolve within a week after treatment. Do not pick at peeling skin as this can cause scarring.
- Allow your skin to heal. Do not rub, scrub or exfoliate the treated area. Use a bland cleanser and moisturiser during this time.
- Do not exfoliate until your skin has finished peeling. When recommencing your regular skin care regime, test first in a hidden area, such as under your chin.
- Avoid waxing, IPL and any laser procedures for 2 weeks after your treatment.
- If the skin is broken, or you develop a scab or blister, apply Vaseline or a 1% hydrocortisone cream (e.g. Dermaid), available over the counter from pharmacies. If signs of infection develop (redness, pain or pus) contact us immediately.
- Make-up can be applied as long as the skin is not broken, and can lessen the appearance of redness.

**If you have any questions or concerns, please do not hesitate to contact us immediately on 08 9389 9099.**