

## **Patient After Care Information**

### **Microdermabrasion Post Treatment 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.

Makeup 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.