

# Microdermabrasion or Chemical Peel



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## Pre-Treatment Instructions for Microdermabrasion or Chemical Peel

- If you are prone to cold sores, you will need to contact your physician for antiviral medication to avoid a post treatment breakout. It is recommended you begin prophylaxis **two (2) days** prior to treatment and continue for **five (5) days** post treatment.
- Discontinue use of over the counter Retinol, Glycolic and other Alpha Hydroxy Acids, Salicylic or Beta Hydroxy Acids, or other exfoliation products **three to five (3-5) days** prior to treatment.
- Discontinue use of prescription Retinoid products (Retin-A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin), other prescription Retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) **3-5 days** prior to treatment.
- No waxing, electrolysis, other hair removal products or methods within **seven (7) days** prior to treatment.
- No Botox, Collagen, or other Dermal Filler injections within **14 days** prior to treatment.
- Follow all pre-treatment home care product recommendations as instructed by your Technician. Optimal results are achieved by following a home care regimen that will enhance the treatment process.

### Post Treatment Instructions:

A skin microdermabrasion or peel 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 may appear for approximately **24-48 hours**. Your skin may feel "wind-burned" and will also be more vulnerable. The risk of getting sunburned following a treatment increases dramatically. You may experience some dry skin and mild peeling after your treatment. This may occur for a few days.



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- You may resume your daily activities or return to work immediately. Cosmetic make up can be applied following a treatment. If you experience discomfort following make-up application, remove. We recommend Jane Iredale Mineral Make-Up as it is calming to the skin and delivers a physical block for sun exposure and has anti-aging properties.
- Sunscreen will be applied to your skin before you leave. You must protect your skin every day with a full spectrum sunscreen that protects both UVA and UVB with an SPF of 30 or higher. We recommend you use a sunscreen containing zinc oxide and titanium dioxide to provide you with full spectrum protection. 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 hyper pigmentation, the use of lightening products is strongly recommended, wait approximately 3-5 days to apply a lightening agent.
- Do not use glycolic, alpha hydroxy, beta hydroxy, retinol, benzoyl peroxide or topical acne medications for **24-48 hours** following treatment. You may resume products after this period or as instructed by your technician.
- You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin) and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) **seven (7) days** after last treatment, or as instructed by your technician. **If you are receiving a series of treatments, do not resume any of these products until after you have completed your last microdermabrasion or chemical peel treatment, if you are doing those two (2) weeks between treatments.**
- Prior to a waxing, electrolysis or other hair removal method treatment please notify your technician that you recently had a microdermabrasion or chemical peel treatment.
- Refrain from Botox, Collagen or other Filler injections for **seven (7) days** following a treatment.
- Avoid exercise for at least a few hours after procedure. Drink additional water. Cold compresses can provide relief from the "wind-burned" feeling.



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## **Service Description & Desired Results:**

Microdermabrasion & Chemical Peel Services are an optimal treatment which uses either Manual or Chemical Exfoliation to:

- Reduce both Oil Production & Black Head Congestion.
- Begin to Smooth Fine Lines and Wrinkles
- Even Skin Tone
- Prepare skin for better product penetration

**A Chemical Peel will be a little more invasive and long term than the Microdermabrasion, it's an optimal service for anyone who wants to start making a plan for better skin or those who simply want to freshen up!**

**Microdermabrasion is a bit less invasive, but extremely effective. Since there are no chemicals involved, it is a service that is safe for Pregnant Women as well.**



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