



## What is Microdermabrasion?

Microdermabrasion uses an adjustable applicator head that removes dead surface skin cells and initiates cellular turnover at the dermis and epidermis levels in a safe controlled manner. This approach respects the integrity of the skin and promotes even healing. Maintaining even cellular growth on the surface aids in the youthfulness of the skin's appearance.

Microdermabrasion has been used to treat aging and sun-damaged skin, some types of acne and acne scarring, altered pigmentation, fine lines and wrinkles, and stretch marks. Results may include improved skin tone, fewer breakouts, diminished appearance of scars, even skin color, refined skin pores, renewed elasticity, and a healthy glow.

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Client Initials

## What should you expect during your treatment?

Prior to your first microdermabrasion, as your esthetician, I will perform a thorough skin analysis. If microdermabrasion is not appropriate, you are informed during this session and an alternative treatment may be recommended instead. If microdermabrasion is for you, maximum results are obtained by participating in a series of treatments plus following a home care regimen.

To further enhance your outcome, I require that you use products specifically directed toward obtaining correction. Your current daily regimen and skin care projects used will be reviewed, and you will be instructed which products you should continue to use, and will be advised on any recommended additions to your regimen. I recommend keeping regular appointments and carefully following your home care regimen to support your results.

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As your esthetician, I take every precaution to ensure that your skin is well hydrated and calm prior to leaving each session. However, you may experience excessive dryness or even some peeling between sessions, which may or may not be normal. Always check with me if you have any concerns after the treatment. More sensitive skin may experience some redness after the first couple of sessions. This normally goes away after 2 to 3 hours.

After your treatment, sunblock must be worn at all times and tanning beds should never be used. You are making an investment in your face: therefore, it is to your benefit to continue to protect it long after your series is completed.

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## Is satisfaction guaranteed?

The majority of my clients receive satisfactory to above average results with a series of treatments. Maximum results are highly dependent on your age, cumulative sun exposure, health, menopause, lifestyle, genetic traits, general skin condition, and your willingness to follow recommended protocols.

Be aware that many changes may occur deeper within the skin over time. I find that when participating in a series of treatments, along with a commitment to your daily skin care regimen, noticeable differences may indeed be the outcome. You may see a reduction of fine lines and a softening of deeper wrinkles, reduction of discoloration, softening and possible reduction in scars, and an overall improvement to the skin's tone and appearance. To continue the maintenance of your skin after you complete your treatment(s), I may inform you of long-term age management programs.

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**Contraindications**

Although it is impossible to list every potential risk and complication, the following conditions are recognized as contraindications for microdermabrasion treatment and must be disclosed prior to treatment.

- Active infection of any type, such as Herpes simplex virus or flat warts.
- Active acne
- Sunburn
- Recent use of topical agents such as glycolic acids, alphahydroxy acids and Retin-A
- Any recent chemical peel procedure
- Uncontrolled diabetes
- Eczema, dermatitis
- Skin cancer
- Vascular lesions
- Oral blood thinner medications
- Rosacea
- Tattoos (not effective)
- Pregnancy
- Use of Acutane within the last year
- Family history of hypertrophic scarring or keloid formation
- Telangiectasia/erythema may be worsened or brought out by skin exfoliation

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**Post-Treatment/Home Care**

Aerobic exercise or vigorous physical activity should be avoided until all redness has subsided.

Direct sunlight exposure is to be completely avoided immediately following the treatment (including any strong UV light exposure and tanning beds). If some sun exposure cannot be avoided, first apply sunscreen with an SPF of 30 or greater. Although sunscreen should be a part of your daily skin care, for a minimum of two weeks, a sunscreen with at least a SPF of 15 must be applied.

Cleanse your face with water or a mild soap substitute such as \_\_\_\_\_. Twice daily followed by a mild sunscreen such as \_\_\_\_\_ (minimum SPF 30). If a site other than the face is treated, you only need to cleanse once daily, followed by sunscreen.

In the event that you may have additional questions or concerns regarding your treatment or suggested home product / post-treatment care, you must consult your therapist immediately.

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Client Name (printed) \_\_\_\_\_

Client Name (signature) \_\_\_\_\_ Date \_\_\_\_\_

Esthetician \_\_\_\_\_ Date \_\_\_\_\_