

MICRODERMABRASION and DERMAPLANING

Pre and Post Treatment Instructions

Before Treatment Starts

- Treatment is not recommended if you are taking blood thinners or immunosuppressants.

Pre-Treatment

1. Avoid use of Accutane for 6 months prior to treatment.
2. Avoid extensive sun exposure for a week prior to treatment. Apply sunscreen (at least SPF30) as part of your daily skin care regimen before routine exposure to daylight.
3. At least 3 days prior to the treatment, stop using Retin-A or Retinols, and any anti-inflammatory drugs.
4. For men, please avoid shaving on the day of treatment.
5. If you have a history of herpes simplex (cold sores), you might need preventative medication. This procedure could induce an episode of herpes lesions in patients who have had them previously.
6. If doing Dermaplaning, please avoid shaving on the day of the peel. Do not wax at least one week prior to treatment.
7. On the day of the treatment, please come to the office with a fully cleaned face. If possible, no makeup, cologne or aftershave should be applied.

Post-Treatment

1. You may have mild redness and minimal swelling (like a sunburn) for a few minutes up to 48 hours. You may apply aloe vera or cold compress. Anything you apply to your skin over the next day or two may feel tingly or irritating.
2. Wait at least 3 hours or until redness has subsided before applying makeup.
3. Avoid direct sunlight and tanning beds. Use sunscreen with SPF 30 or higher.
4. Avoid excessive heat, hot showers and exercise for 24 hours as internal heat can cause hyperpigmentation. Use cool water and gentle cleaners for 48 hours.
5. Flaking and dryness is common and should resolve within one week. Do NOT ever pick loose or exfoliating skin as this may cause scarring or infection.

Patient Name (Print)

Patient Signature

Date

Guardian Name (Print)

Guardian Signature

Date

Relationship

MILL CREEK SKIN & LASER · 15111 Main Street, Suite #A201 · Mill Creek, WA 98012 · 425.316.8200

www.millcreekskinlaser.com

Hours: Tuesday thru Saturday 10:00 AM-6:00 PM