

Post Treatment Instructions for Microdermabrasion

- Downtime can be minimal to severe depending on the type and depth of exfoliation.
- Immediate redness post treatment is common and can last a few hours post treatment.
- Slight flaking, peeling, itching and increased sensitivity can occur, it is important not to pick or scratch at skin. Advised post treatment care will soothe and rehydrate skin minimising this.
- Small white heads may occur, this is the skin's natural purging phase, please do not pick at the lesions as it will resolve naturally. If there are any concerns, please contact your dermal clinician.
- Exercise is to be avoided for 24 post treatment, sweat has the potential to irritate the treated skin.
- To avoid increasing the risk of post treatment infection, it is important to keep the treatment area clean.
- Avoid hot baths, saunas, jacuzzi and pools for the first 48 hours after your treatment.
- Avoid becoming sweaty.
- Wash hands before touching the treated area.
- Avoid make up brushes and sponges that have not been cleaned.
- Using a mineral based make up is our preferred choice of cover up and can be applied immediately after the treatment.
- Direct sun exposure is to be avoided and SPF is to be applied in accordance to your dermal clinician's instructions.
- Adequately hydrating your skin to help reduce the appearance of any flaking skin, until subsided.
- Wait 10-14 days after treatment for any form of hair removal.
- Cool to lukewarm showers during the first 24 hours to avoid adding further heat to an area that is inflamed and/or healing.
- Avoid exfoliators, vitamin A and acid based topical products for 5 - 7 days post treatments.
- Post treatment you may notice your skin will feel warm, tight and possible slight burning, similar to the sensation of a mild sunburn. This is normal and will lessen over the new few hours up to 48hrs.
- If you have had a body area treatment, avoid tight fitting clothes that may rub and irritate the treatment area.

- It is important to follow your dermal clinicians post care as this will not only aid to soothe any discomfort but also maximise results from treatment.
- The common responses below, may be experienced immediately or delayed, occurring at different time frames and severities, all of which is normal.
- If you have any questions or concerns to anything related to above or below, please call or email our clinic on the information below.

Common responses - This can be isolated to individual lesions or areas and/or globally

Normal:

- Occurrence of any underlying congestion
- Loss of barrier in skin
- Redness
- Sunburn like sensation
- Inflammation / swelling / puffiness
- Tightness / taut skin
- Dryness / flakiness / shedding
- Sensitivity
- Purpura / superficial bruising
- Scabbing / mild crusting
- Micro blisters
- Striping
- Histamine reaction - hive like lumps
- Hypopigmentation
- Post inflammatory hyperpigmentation - (this can be transient or prolonged)

Adverse:

- Pinpoint bleeding
- Infection
- Pain
- Scarring

Please email the team at hello@stskin.com.au or call us on 96140400 if you have any concerns.