

MICRODERMABRASION

PRE & POST CARE/CONTRAINDICATIONS



PRE-TREATMENT CARE

- You may not be treated if you:
 - arrive to your appointment with a sunburn/rash/inflamed skin/cuts/scratches
 - have had botox/filler/chemical peels/laser facials/RF face lifting/etc. within 2 weeks of treatment
 - are currently undergoing cancer treatment (chemotherapy/radiation)
 - keloid scar on your face or neck area (a test spot may be performed at the cost of the client, other treatments may be considered)
 - have an immune system disease (Hepatitis C, Aids, HIV, Collagen Vascular Disease, or other)
 - take blood thinners or have hemophilia
 - have active eczema, psoriasis, or dermatitis in the area
 - have an allergy to skincare products (please review allergies to ingredients with tech prior to treatment)
 - are pregnant or breastfeeding
 - If any of the above pertains to you, please let your provider know, alterations or exceptions may be made to treatment
- Discontinue use of retinoids 48 hours prior to your appointment
- Wait 6 months following isotretinoin (Accutane)
- If you have frequent cold sores, ensure you have taken cold sore medication prior to treatment, treatments can cause a flare up
- 7 days before – no brow waxing/microdermabrasion/laser procedures/chemical peels/sun tanning/tanning beds/sunless tanner/aggressive at home exfoliating
- For best results, do not smoke 7 days prior to microdermabrasion appointment to improve circulation

THE DAY OF

- Arrive to your appointment with the treatment area free of make up. Any makeup removal processes by Odette's technicians will take up time that could be spent having the procedure. The eye area can be avoided if requested.
 - If you are wearing eye makeup, the area can be avoided if preferred
- Avoid any activities that will increase the body temperature/cause sweating for at least 2 hours before and after treatments
- Ensure you will not be spending time in the sun post treatment, your technician will apply SPF if applicable based on the time of day

POST-TREATMENT CARE

- Redness/sensitivity & dry/flaky areas are possible for the remainder of the day, and possibly the next day or longer
- Ensure anything touching the treated area is clean: pillow cases, phone screen, your hands, etc.
- Use post care as follows: use products that are as hydrating as possible, we have exposed baby fresh skin! Example: gentle cleanser, Hyaluronic Acid Serum, hydrating cream, SPF! NO retinols for 2 days post treatment, NO exfoliants for 5-7 days post treatment
- After 7 days, return to normal skin care routine including exfoliants and actives
- Mineral makeup is preferable between treatments
- No makeup should be worn immediately after treatment, makeup can be applied the following day

NEXT TREATMENT

- Schedule treatments 1-12 weeks apart depending on your goals, this will be determined with your technician
- If you experience any side effects to this treatment that you are unsure of, or that have not been explained to you, contact Odette's Clinic immediately with pictures (if applicable)