



THE ONE

CLINIC OF AESTHETICS

PRE & POST CARE

Microdermabrasion



Microdermabrasion Aftercare

PRE & POST CARE

1. Once skin is completely dry, apply rich moisturizer. Apply religiously for 7 days to avoid excessive peeling.
2. Avoid sun exposure as much as possible. Wear hats and sunglasses if necessary.
3. Always apply sunscreen. Even if it is an overcast day, wear sunscreen to protect from UV rays. We recommend SPF 30 and up.
4. Avoid waxing, threading and laser treatments for at least 2 weeks post-treatment.
5. Avoid wearing makeup for the first 2 days.
6. Don't use harsh chemicals on your face. This includes AHA, BHA, retinol/retinoids, glycolic acid, lactic acid, etc for 1-2 weeks.
7. Side effects include:
 - Pink/red complexion
 - Tightness
 - Bruised or sensitive sensation
 - Peeling/flaking

Questions about the Pre & Post Care? Call us at 647-968-4218