

Aftercare Sheet for Microdermabrasion

The skin has been deeply exfoliated therefore the following must be followed:

- SPF must be worn daily Minimum SPF 30 (ideally 50)
- No Sunbeds
- No Heat on the skin, saunas, hooded hairdryers, steamy kitchens, hot baths or showers for 48 hours
- No Swimming for 24 hours
- No Exercise for 24 hours
- No Make up for 24 hours Mineral would be optional (make sure brush is clean)
- No exfoliators (AHA's, BHA's Retinol/Retinal) 48 hours either side of treatment, no physical exfoliating scrubs for 1 week
- Avoid touching the area too much
- Avoid sun exposure as much as possible
- No fake tan for 48 hours
- Keep skin hydrated – Hydr8 B5/ Hyaluronic acid
- If using a cleanser use a gentle cleanser such as MEDIK8 GENTLE CLEANSE make sure you treat the skin gently.
- No Hair colouring on the same day