



Microdermabrasion & Chemical Peel **Pre & Post Care Instructions**

For best results, please follow these instructions

Before your treatment:

1. If possible please do not wear makeup to your treatment.
2. **AVOID any irritants to your skin**, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for 2-3 days before your treatment.
3. **DO NOT** wax, tweeze or use a depilatory on treatment areas for 1 week prior to your treatment.
4. If you have received Dermal Fillers or Botox™ Injections, wait at least two weeks before having Microderm, or as instructed by Dr. Jacobs.

After your treatment:

1. **AVOID sun exposure** and tanning beds to treated areas after treatment (we recommend this indefinitely) Daily sunscreen with an SPF of at least 30 is vital to maintain your improved skin.
2. **AVOID any irritants to your skin**, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for one week after your treatment.
3. **DO NOT** wax, tweeze or use a depilatory to the treated areas for 1 week after your treatment.
4. If you receive Collagen treatments, these may be resumed 24 hours after treatment.
5. If you do not need make-up for the evening of treatment, wait until the next morning.
6. Approximately 48 hours after treatment, *primarily for mid level chemical peels*, your skin may start to peel. This peeling will generally last 2 to 3 days. **DO NOT PICK OR PULL THE SKIN.**

Call the office if you have any questions
618-288-9117