

Emerge Medical Spa
MICRODERMABRASION
Pre and Post Treatment Instructions

MICRODERMABRASION PRE-CARE INSTRUCTIONS and CONTRAINDICATIONS

Contraindications to treatment include:

1. Accutane use in the previous 6 months
2. Autoimmune disease, HIV, Lupus, Hepatitis
3. Active acne
4. Use of blood thinners: Heparin, Coumadin, Warfarin, etc.
5. Eczema, Psoriasis, Dermatitis, Rosacea, or Rash in treatment area
6. Irregular, pigmented, and/or raised moles, warts or growths, telangectasia
7. Keloid scarring
8. Laser procedures, chemical peels, waxing, or exfoliation treatments in the previous week
9. Sunburn

MICRODERMABRASION POST CARE INSTRUCTIONS

1. Wear sunblock SPF 30 or greater. Sun screen should contain one of the following three ingredients: Parasol 1789, Titanium Dioxide, or Zinc Oxide.
2. Increase fluid intake for the next 1-2 days. This will keep the skin hydrated.
3. Do not use Retin-A, Retinols, or Glycolic Acid for 2-4 days or while skin is sensitive.
4. Do not tan for 1 week after microdermabrasion.
5. Your skin may be slightly swollen, tightened and pinkish/ red, but this will resolve in 24 hrs. Mild flaking over the next 3-4 days is also possible.
6. Schedule your appointments 7-10 days apart from facial resurfacing, 7-12 days apart for fine lines and wrinkles, and hyperpigmentation issues, 14 days apart for neck and décolleté, and 7-14 days apart for hand resurfacing.
7. Optimal results are obtained by administering a series of treatments, then scheduling follow-up treatments to maintain results.

I have received a copy of the Pre and Post Instructions for Microdermabrasion.

Patient Print Name: _____ Date: _____

Patient Signature: _____ Date: _____

24 Hour Cancellation Policy: Failure to adhere to this policy will result in the loss of one treatment from your purchased package or \$50 - \$100 charged to your account. If we cannot provide treatment because the pre-care instructions were not adhered to it is considered a violation of this policy. The balance must be paid before any further treatments can be performed. _____ **(Patient Initial)**

Please call our office if you have any questions or concerns: (503) 802-7546