

# the Los Feliz MedSpa

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## Microdermabrasion

### Post Treatment Instructions

1. Reduce perspiration for 24 hours after treatment.
2. Do NOT use AHAs, BHAs, Retin-A, or Renova for 72 hours after treatment.
3. Avoid direct sunlight for 72 hours after treatment. If outdoor activities are planned, wear a wide brimmed hat and a minimum of 40 SPF.
4. Wash your face morning and night with a gentle cleanser. We recommend either:
  - Bellederm Gentle Cleansing Gel
  - Skinceutical Gentle Cleanser.
5. If redness or sensitivity occurs, wash your face and apply a cool compress or ice pack. If sensitivity continues for more than 12 hours, contact your physician or skincare professional.
6. A minimum of 40 SPF should be worn every day.
7. Mild breakouts can occur after your first few treatments.
8. If you are prone to oral herpes, microdermabrasion may cause a breakout. Ask your doctor for prophylactic treatment such as Valtrex. Medication MUST be taken 5 days BEFORE and 5 days AFTER your treatment.
9. If dryness or flaking should occur, keep skin hydrated by using an appropriate moisturizer. We recommend Aloe Vera or:
  - Bellederm Extra Gentle Hydration Lotion
  - Skinceutical Daily Moisture/Face Cream
10. Refrain from touching the area.