



## POST MICRODERMABRASION INSTRUCTIONS

With microdermabrasion, there is little to no downtime. Your skin feels smoother and tighter. Your skin will be temporarily red, may sting and/or itch. The degree of peeling varies from invisible to mild to noticeable peeling and flaking. To achieve the best results, please follow these guidelines.

- ✓ Use a gentle cleanser during your session of treatments.
- ✓ Do not pick, peel or scratch the treated area. Doing so will increase the risk for infection and/or scarring.
- ✓ No exercise for 24 hours.
- ✓ Daily sun protection is essential. Use sunscreen SPF 30 or higher preferably with titanium oxide or zinc oxide.
- ✓ Use post treatment home care kit as instructed.
- ✓ If you have any questions or concerns, please contact us at 316-634-6622.

### WEAR YOUR SUNSCREEN

I have read and received a copy of the care instructions.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Newleaf Representative: \_\_\_\_\_ Date: \_\_\_\_\_

If you should have an after hours emergency please contact Victoria Jacob, Director of Aesthetics at (316) 612-8283 / (316) 617-3997 or Paul Cheatum, M.D., Medical Director at (316) 617-5891.