

SkinCare Aesthetics  
1244 Boylston Street, Suite 305  
Chestnut Hill, MA 02467  
617-848-1621

## **POST-TREATMENT MICRODERMABRASION INSTRUCTIONS**

1. Generally, makeup can be applied one day after treatment.
2. Avoid exercise for at least a few hours after each procedure.
3. Direct sun exposure without sunscreen of SPF 15 or higher must be avoided during the treatment cycle.
4. Wait one day after each treatment before resuming glycolic acid based home care products. Do not resume application of these products if you are experiencing any irritation. Wait until all signs of irritation are gone before resuming application of glycolic acid based products.
5. If irritation is not resolved within 48 hours, please contact the office at 617-848-1621.
6. Do not use Retin-A for at least 48 hours after your treatment, unless directed by a physician.
7. It is common immediately after a Microdermabrasion treatment to experience temporary dryness. A noncomedogenic fragrance free moisturizer may be used.
8. Do not use oil-based solutions/ makeup for 24 hours after Microdermabrasion.