



Micro-Dermabrasion

Pre and Post Treatment Instructions

1. Skin must be thoroughly clean and dry.
2. The skin technician will use a high-speed instrument with an abrasive diamond tip to remove the outer layers of your skin and improve any irregularities in your skin's surface.
3. Do not drink alcohol for 48 hours after the procedure.
4. Do not take aspirin or any products that contain aspirin or ibuprofen for one week thereafter.
5. Use moisturizers and sunscreen 30 SPF or higher.
6. Avoid sun exposure for a few days immediately after the procedure.
7. After dermabrasion procedure, your skin can feel as though it has been (severely) "brush-burned" for a few days.
8. Healing usually happens within 7-10 days.
9. Your new skin, can appear pink at first, this gradually develops a normal color. In most cases, the pinkness largely fades in a week. You can use makeup as soon as the skin is healed and feels ready.
10. Generally, most people can resume their normal activities immediately after diamond dermabrasion. You should avoid sunlight for a few weeks after the pink color has gone away. When outdoors, use a sunscreen with an SPF of 30 or more, and wear a wide-brimmed hat. Minimize Make-up.
11. Skin is temporarily pink (approximately 7 days) and should fully recover within 24 hours. This treatment doesn't require surgery or anesthetics. That may help people who cannot take "down time" for healing.



Avatar Aesthetics
laser center

Benefits of Micro-Dermabrasion:

- Promotes cell metabolism
- Improves nutrient supply of oxygen
- Collagen elasticity
- Skin/cell renewal
- Make-up and products go on better and penetrate better
- No downtime
- Light hits skin and bounces back differently for a rejuvenated look
- Pregnant women may do this treatment
- Lymph circulation (passive drainage)
- Treatment of loose skin and wrinkle
- Treatment of dull skin and uneven skin tone
- Treatment of hyper-pigmentation
- Enhances natural defense of skin
- Increases cell permeability
- Improves skin moisture and brighten skin
- Increases skin immunity, strengthens the fight against UV damage, clarifies dermis