

Pre and Post Care for Microdermabrasion and Chemical Peel Treatments

Pre-Treatment:

- 1. Discontinue use of Accutane at least six (6) months prior to scheduled treatment.
- 2. Discontinue use of Retinoic Acid and/or Retin-A products and Hydrocortisone three (3) days prior.
- 3. Aspirin allergies should be discussed with your student esthetician.
- 4. Lightning agent (NOT bleaching agent) can be used three (3) weeks prior to chemical peel to help prevent post inflammatory hyperpigmentation.
- 5. Do not wax, shave, tweeze, thread, use depilatories, and/or electrolysis/laser hair removal three (3) days prior.
- 6. Schedule any injectable fillers or Botox treatments two (2) weeks prior to treatment. Laser resurfacing should be scheduled four (4) weeks prior to treatment.
- 7. Tanning should cease three (3) weeks prior to treatment. If the skin is red, irritated, or sunburned, the treatment must be rescheduled.

Post-Treatment:

- 1. Avoid direct sun exposure and wear SPF 30 or higher sun protection at ALL times.
- 2. Avoid excessively hot conditions such as baths, saunas, and showers 48 hours after the treatment.
- 3. Avoid strenuous activity/exercise 48 hours after treatment.
- 4. Avoid rubbing, touching, peeling, or picking of the skin. This may result in scabbing, hyperpigmentation, and hypopigmentation. Allow the skin to shed on its own.
- 5. Do NOT use exfoliators such as Retinoid, Retin-A, or benzoyl peroxide for at least one (1) week after treatment.
- 6. Do NOT wax, shave, tweeze, thread, use depilatories, and/or electrolysis/laser hair removal for ten (10) days after treatment.
- 7. Resume home care products gradually as directed by your Facial Specialist/Esthetician.
- 8. Skin may be more sensitive than normal. Cool compresses can be applied to reduce irritation.

I acknowledge that the microdermabrasion and/or chemical peel treatment has been fully explained to me and I understand the Pre and Post instructions that have been provided to me. All of my questions have been answered and explanations provided to my satisfaction.

Client signature	Print client name	Date
Student signature	Print student name	Date
Questions or concern	s? Email SkinQA@alphaschoolofmassage.com or	r call (904) 389-9117