

MICRODERMABRASION

Microdermabrasion is a new “Lunch Time” approach to skin resurfacing that stimulates the production of new skin cells and collagen.

Less aggressive than laser resurfacing, microdermabrasion is a non-surgical treatment that does not require an anesthetic. Treatments take 35-45 minutes.

One microdermabrasion treatment can offer the benefits of a series of facial peels using glycolic acid, another “Lunchtime Treatment”.

This mild yet effective treatment can remove fine lines and age spots from around the eyes, lips, neck and face. It can also improve mild acne that has not responded to other methods of treatment.

While the effects of microdermabrasion are not as dramatic as those of laser resurfacing, recovery time after the procedure is also much shorter. Though there may be some pinkness afterwards, most patients can return to work immediately.

Microdermabrasion uses a jet spray of mineral crystals to remove, and then vacuum, the outer keratin layer of the skin.

Regular removal of the keratin layer can improve the appearances of:

- small acne scars
- fine wrinkles
- dull skin
- hyperpigmentation (melasma)

Some physicians have seen an improvement caused by collagen tightening on the layer of the skin beneath the layer treated by microdermabrasion. This further reduces the appearance of lines and wrinkles though the effect is temporary: microdermabrasion treatments must be repeated in order to sustain the effect.

Following microdermabrasion treatment you may find that you experience skin peeling; we will recommend that you use a moisturizer and sun screen following the procedure.

Microdermabrasion is not recommended for anyone who has taken the acne drug Accutane within the past six months because there is a risk of creating scar or injury in someone who has taken Accutane.

And because there is a risk that microdermabrasion may stimulate a new outbreak, patients who have a history of herpes simplex (cold sores) around their lips should consider taking an oral antiviral medication before undergoing treatment by microdermabrasion.

FREQUENTLY ASKED QUESTIONS

about Microdermabrasion

What is Microdermabrasion?

It is a natural way to exfoliate the skin. Microdermabrasion uses corundum powder (Crystals) to finely resurface the superficial layers of the skin. Along with vacuum pressure, dead skin cells are removed from the upper layers of the epidermis, which promotes growth of new skin. This unique method is the latest, most advanced non-surgical treatment for skin rejuvenation.

Who can use Microdermabrasion?

Microdermabrasion is right for anyone that wants to improve skin appearance and reverse the aging process. Treatment will improve scarring, lines and wrinkles, uneven tones, and sun damaged skin.

How do I prepare for this procedure?

There really is no preparation for Microdermabrasion. We do recommend that you avoid any Retin A, Acid Peels, heavy exfoliation, for 4-6 months. If you are planning a vacation in the sun, you should postpone treatments until you return.

How is the procedure done?

Microdermabrasion can be successfully used on the face, neck, and chest. The technician uses a special application tool to suspend Aluminum Oxide or Sodium Bi-carbonate crystals to gently exfoliate the skin. The technician will adjust the pressure for you skin and move the Microdermabrasion machine's hand piece across the treatment area to deliver a precise stream of crystals onto the skin's surface; the scale-like, lifeless epidermal cells and the crystals are then suctioned back into the same hand piece to reveal a fresh, invigorated skin surface. After the treatment, the technician will apply a moisture to help optimize your results.

Does Microdermabrasion hurt?

Not really. Microdermabrasion may sting a little around the eye area. Our technician will normally increase the treatment strength each session to increase the penetration to the skin. Your skin may appear a little pink immediately following the treatment. You should tell the technician immediately if your treatment is too uncomfortable; they can turn down the controls if the suction or level of the "blast" is too strong for you.

How long does the procedure take and how many will I need?

Microdermabrasion is a quick procedure that usually takes between 30 and 45 minutes. We recommend you start with 6-7 sessions, one every 7-10 days. Following your initial treatment your skin maintenance program should include an additional treatment once every month. Most people should see dramatic improvements after just a few treatments, but stick with it for the best results! Severe skin problems, such as deep acne scars and dark spots will take several treatments before any improvement is noticeable.

How soon can I see results?

You will begin to feel and see results after your first treatment. You will notice continued improvement throughout your treatment program. You may notice a new skin glow. The skin care program recommended during the course of treatment will help you obtain the desired results.

How long before I can return to normal activity?

You can return to normal activities immediately following your Microdermabrasion treatment.

Microdermabrasion & Permanent Make-Up by Michelle Keith, R.N.
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