

FREQUENTLY ASKED QUESTIONS - MICRODERMABRASION

1. What Is Microdermabrasion?

Microdermabrasion is a minimally invasive procedure that involves the skin being "sandblasted" by crystals of aluminum oxide, vitamin C and other types of mild abrasives to remove the *horny* (top) layer of the skin; dead skin cells. This process promotes the production of new cells in the basal (deepest) layer of the dermis. Microdermabrasion can clean your pores incredibly and hinder any future break-outs if used on a regular basis. Microdermabrasion also stimulates collagen networking to further even out skin texture and appearance.

2. Who is a good candidate for Microdermabrasion?

The best candidates for Microdermabrasion are individuals with acne prone and blotchy skin, small scars, rhytides (wrinkles), keratoses, large pores, milia (non-inflamed whiteheads caused by keratin-clogged pores), or sebaceous hyperplasia. If you have sun damage or uneven texture and would like to improve the condition of your skin, you may be a good candidate for Microdermabrasion. It is also a good treatment as a preparation for more invasive treatments such as chemical peels.

Microdermabrasion is not recommended for those who have active keloids, undiagnosed lesions, recent herpes outbreaks, warts, active, weeping acne (stages 3-4), active rosacea, unstable diabetes or auto-immune system disorders.

3. Is Microdermabrasion a painful procedure?

Microdermabrasion does not hurt although it may sting a little around the eye area. Your skin may feel a little hot and appear a little pink for the first day. Our experienced team at Advanced Aesthetix can turn down the controls if the suction or level of the "blast" is too strong for you.

4. How do you go about it?

There really is no consultation as this procedure is not invasive. Our experienced nurse technician from Advanced Aesthetix will examine your skin and determine a course which is customised for your own personal needs the same day as your treatment. This course of action may include the use of Hydroquinone or other melanin blocking products. It may also include a skin regimen to be used at home during your Microdermabrasion treatments to enhance the treatment results.

5. Do you have to prepare in any way for this treatment?

We advise that you should not be on Retin A or have undergone Glycolic Acid or Lactic Acid peels, etc. 2 to 3 days beforehand as this can irritate your skin and make it very sensitive. Please also refrain from getting any sun burn or windburn beforehand for the very same reasons. You don't want to damage your skin further with Microdermabrasion - you want to repair it or lessen the visual damage.

6. How should you expect to feel after Treatment?

Our patients have attributed the sensation of a Microdermabrasion treatment to a slight windburn. Although depending upon the level that you wish to reach the discomfort is

usually quite minimal, if at all. The treatments typically last 20-30 minutes for the face, if your treatment includes the neck and upper chest area, it may last up to an hour.

A normal course of Microdermabrasion treatments varies between 4-8 at approximately 2 week intervals. It is recommended that you schedule an additional treatment every 1-3 months to maintain your skin in excellent condition. Most patients actually feel and see a difference just after one or two treatments but schedule additional treatments to increase this improvement.

Raised or deeply pitted skin areas (possibly from old severe acne scars) and darker pigmented areas will generally require multiple treatments. We must also advise you that while Microdermabrasion does help superficial problems, it is not the cure ??? for heavily damaged skin, it is a non invasive technique for those of you who do not need a serious laser or chemical peel treatment.

7. Is there any after-treatment?

Our nurse has extensive experience in skin treatment and she will be only too happy to suggest a suitable re-hydrating toner, moisturizer and sunscreen that can be applied to your skin prior to leaving our office. Following precautions are strongly advised:

- **Avoid direct sun exposure** for at least 7 days after a treatment. We do stress the importance of using a high quality sun protection product as well as minimizing sun exposure. Exposure to UV radiation is one of the key factors in speeding the skin aging process.
- **Avoid Alpha-Hydroxy Acid, Glycolic Acid products and skin exfoliation scrubs** for 72 hours both before and after a treatment.
- **Avoid full face make-up**, i.e. liquid foundations or pressed powder foundations for 24 hours after a

treatment. Eye make-up, lipstick etc. may be applied immediately after a treatment.

Your skin will feel vibrant and healthy and you will notice an immediate difference in your softer, smoother skin. There is virtually no recovery time, no discomfort and you can return to work immediately.

A series of Microdermabrasion treatments can help reduce the look of fine lines and superficial wrinkles remove thickened skin areas due to the impact of environmental factors and reduce the appearance of blemishes caused by sun damage. Additionally, Microdermabrasion can reduce the appearance of open pores by unclogging sebum (oil) build-up and eliminate white and black heads.

8. Risks or complications associated with Microdermabrasion?

There are not many risks associated with Microdermabrasion if you are a "healthy" adult, but enough to mention for those of you with skin or medical conditions. If the medical grade machines are used at high power it carries potential risks of hyper-pigmentation, perforation, bleeding, and infection also, you should NOT have a Microdermabrasion treatment on the affected area if you have the following:

- Undiagnosed lesions
- Recent herpes outbreaks
- Warts
- Active, weeping acne (stages 3-4)
- Active Rosacea
- Unstable diabetes
- Auto-immune system disorders
- Some patient's hyper-pigment post-op. Lower pressures are used on follow-up treatments for these individuals.

9. I am aware that Microdermabrasion is also offered by general beauty salons and non-trained technicians. How is it different from yours?

This is an important question. Micro-dermabrasion machines are available from different brands which have varying 'sand blasting' capacities. The results of the treatment vary depending on the power of these machines and the settings that are chosen. Our Micro-dermabrasion equipment is state of the art **'medical grade'** equipment. There is also an option of using

high power settings if they are required for specific problems in your individual case. We also have extensively trained and experienced staffs who perform this procedure. You may find that our costs may be higher than those who perform it in salons but we also take pride in what we can deliver to our valued clientele.