



## Microdermabrasion

Microdermabrasion is a non-invasive gentle abrasion (skin polishing) treatment that propels natural mineral crystals onto the surface of the skin to reveal newer, healthier younger looking skin. With healthier skin as its base, many conditions begin to heal themselves. Treatments have been performed in Europe for years and found to be safe and effective for use on the face, neck and chest of all skin types, male/female. A trained technician who has received training in skin care and the procedure and has the endorsement of the Kamala Aesthetics Medical Director will perform the treatment.

The surface layer of skin collects harmful environmental elements. By aggressively, uniformly removing this layer of dead, impacted cells the surface is refined and smoothed. The micro-massage action of the treatment stimulates blood flow and oxygen which in turn nourishes the skin and fortifies new cell growth. This increased lymph flow beneath the surface provides cleansing and balancing benefits, which directly relate to clearing many acne problems.

### About Microdermabrasion:

- Process gently resurfaces the superficial skin layer (dermis)
- Diminishes irregularities in the texture of the skin
- Softens and modifies fine “Expression” lines on the forehead and around the mouth
- Polishes and diminishes fine, crepe lines on cheeks
- Contracts larger pores, exfoliates and extracts clogged pores
- Polishes and smoothes the margins of acne and burn scars
- Stimulates new cell growth
- Each treatment lasts about 30 minutes – known as a “Lunch Hour” procedure
- No down time for healing
- 4-6 Treatments will be required at two-week intervals. Scar reduction may take as many as ten visits.

### Indications for Treatment:

1. Sun-damaged skin
2. Uneven pigmentation/Melasma/Hyper-Hypo Pigmentation
3. Uneven and granular skin
4. Fine lines and wrinkles
5. Enlarged pores
6. Blackheads, light acne
7. Superficial injury scars
8. Light stretch marks
9. Age spots
10. Acne scars
11. Dry skin

### FDA Approval:

Class One Device/General Dermatology

### Before Microdermabrasion:

- Refrain from waxing, electrolysis and depilatories for four days before and after treatments.
- Discontinue Accutane usage four weeks prior to, and during, the treatment period.
- Discontinue retinol and AHA usage three days prior to and three days after each treatment.
- No tanning of any kind during the series of treatments
- Wait two weeks after Botox/Collagen injections.
- Do not wear makeup or contact lenses to the treatment.
- Skin should be free of herpes sores in the lip area. \*
- Sign the procedure consent form

### After Microdermabrasion:

- Skin will be pink and renewed.
- In the days following there may be some flaking and dryness as the skin repairs itself
- You may want to wait one day to apply makeup, as your face will feel so soft and fresh
- Do not use glycolic, Retin A, exfollients or astringents for 3 days after the treatment
- Avoid extreme heat for 3-5 days (direct sun, sauna, hot tubs, Jacuzzi, tanning beds)
- Daily use of SPF 15 or higher
- Use After Care Products as recommended
- Schedule your next appointment for two-three weeks