

MICRODERMABRASION PRE & POST CARE

Your customised 5-Step Microdermabrasion treatment exfoliates and removes the superficial layer of dry skin cells to improve your skin's overall texture and quality. To support your skin and help it achieve the best results from your treatment, follow our simple guidelines both before and after your visit to your clinic.

4 THINGS TO AVOID BEFORE YOUR 5-STEP CUSTOM MICRODERMABRASION:

- Laser, IPL treatments or skin treatments; chemical peels & skin needling (2 - 4 weeks prior)
- Direct sun exposure (2 weeks prior)
- Facial hair removal treatments such as electrolysis, waxing, or depilatory use (1 - 2 weeks prior)
- Prescription topical Vitamin A or Hydroquinone (1 week prior)

It's important that you follow any skin-prepping requirements as advised by your therapist – this will depend on your individual 5-Step Custom Microdermabrasion treatment.

IMPORTANT DOS & DON'TS AFTER YOUR 5-STEP CUSTOM MICRODERMABRASION:

DO

- Follow your Aftercare prescription as advised by your therapist
- Avoid direct or excessive sun exposure and use SPF50+ before going outside
- Avoid strenuous exercise or anything that may cause excessive perspiration such as saunas, steam rooms, or spas within the first 1-2 days
- Avoid direct heat (including that of a hair dryer) within the first 1-2 days

DON'T

- Pick or pull at any loose or exfoliating skin, no matter how tempting
- Manually exfoliate for the first 5 days after your treatment
- Do any facial hair removal such as electrolysis, facial waxing, or depilatory creams for at least 5 days

5-STEP MICRODERMABRASION PERFORMED:



ANTI-AGEING



BRIGHTENING



CALMING



CLEARING



HYDRATING

☐ 5-Step Anti-Ageing

☐ 5-Step Brightening

☐ 5-Step Calming

☐ 5-Step Clearing

☐ 5-Step Hydrating

Your skinstitut **Microdermabrasion Aftercare Pack** has everything you need to help support your skin throughout your treatment plan. Following a 5-Step Custom Microdermabrasion, skin can be a little more reactive, so a low-intensity approach is recommended. By diligently following the appropriate aftercare, your skin will not only normalise more quickly but you'll see the best results from your treatment.

Your therapist will customise your Aftercare Pack based on the 5-Step Microdermabrasion performed and the product prescription best suited to your skin.

DAYS 1-5	AM	PM	FREQUENCY	HOW TO USE
Gentle Cleanser 			Daily	Use a pea-sized amount with water & lather for 30 seconds. Rinse thoroughly with warm water and pat dry.
Multi-Active Mist 			Daily	Spritz over face while skin is still damp after cleansing.
Rejuvenate 15 			Daily	Apply a pea-sized amount to face & neck, use after cleansing and prior to moisturiser or Age Defence SPF 50+.

AFTER 5 DAYS

Enzymatic Micro Peel 			2-3 times per week	Apply a smooth film to clean dry skin. Leave for 5-15 minutes. Rinse thoroughly with warm water & pat dry. Can be used as often as needed to target flaking skin.
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Disclaimer: All product suggestions are a guide only. If you're using prescription medication or suffering from a health condition, please notify your Laser Technician who may need to adjust your prescription accordingly. Additionally, seek advice from your medical practitioner.