



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE FOR MICRODERMABRASION

[DiamondGlow or Hydrafacial]

WHAT IS MICRODERMABRASION?

We offer two microdermabrasion treatments in our clinic: DiamondGlow and Hydrafacial. Both treatments are used to treat hyperpigmentation, acne, stretch marks, congestion and clogged pores. The best results are realized with regular treatments spaced 4-6 weeks apart.

HOW TO PREPARE FOR YOUR APPOINTMENT

If you have a history of herpes simplex (cold sores), please contact our office at the first sign of a breakout. If you frequently experience cold sores, we can prescribe an antiviral to take at the time of your appointment to help prevent an outbreak.

WHAT TO AVOID AFTER TREATMENT

- Avoid active products for 3 days following treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many of the Obagi brightening products), dapson, acne products, or precancer treatments as directed by your provider.
- Avoid waxing, threading or other hair removal services for 5 days after your treatment.
- **DO NOT** schedule hair treatments within 10 days post treatment (hair dye, relaxers, perms or any chemical procedure).

HOW TO CARE FOR SKIN AFTER TREATMENT

- Your skin may appear slightly red or pink for several days after treatment.
- Please make sure to use 30+ SPF sunblock daily. This will ensure the best result possible and avoid the risk of sunburn and skin irritation.
- For optimal and progressive results, we recommend scheduling a DiamondGlow or Hydrafacial every 4-6 weeks.

RECOMMENDED PRODUCTS POST MICRODERMABRASION

Your provider can give you specific recommendations as well.

- **Cleansers:** [Obagi Gentle Cleanser](#) or [Neocutis Gentle Cleanser](#)
- **Moisturizers:** [Neocutis Biocream](#), [BACD Ultra Lite Hydrating Cream](#), or [Obagi Hydrate Luxe](#)
- **Sunscreen:** [Colorescience](#), [Isdin](#), Skin Medica [Total Defense & Repair](#), or any of our [EltaMD](#) options.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.