



## Microdermabrasion at the Health and Serenity Spa

We aim to ensure clients have the best possible advice both prior to and post-treatment. Please read the following information prior to booking an appointment in the spa.

- **Consultation Information:** to ensure you are not contraindicated to any treatment.
- **Pre-treatment Advice:** should be read prior to attending an appointment.
- **Aftercare Advice:** to be read following your appointment for best results.

### CONSULTATION

- **Local Contraindications:** treatments cannot be performed over contraindicated areas.
- **Medical Contraindications:** please seek medical advice prior to booking. In circumstances where medical permission cannot be obtained, clients must give their informed consent in writing.
- **Total Contraindications:** prohibit a treatment from taking place.

#### Local Contraindications:

- Cuts/Abrasions
- Scar tissue (6 months' minor operation, 2 years' major operation)
- Bruising/Swelling
- Areas where topical Ro-Accutane has been used
- Undiagnosed lumps and bumps
- Sunburn
- Heat rash
- Recent fractures (3 months)

#### Medical Contraindications:

- Check any condition that is already being treated by a GP or another practitioner
- Consult with a Doctor if you are taking any medication that may have an effect on skin sensitivity, condition or blood.
- Medical Oedema
- Nervous/Psychotic conditions
- Diabetes
- Laser Resurfacing
- Medium or deep skin peels



- Pregnancy

**Total Contraindications:**

- Wait 24 hours after taking Retin A/Retinova
- Priori Peels (wait 1 week)
- Laser hair removal (wait 1 week)
- Scar tissue (6 months' minor operation, 2 years' major operation)
- Recent fractures (3 months)
- Oral Ro-Accutane Medication
- Oral Blood Thinners
- Contagious diseases (Impetigo, Scabies, Chicken Pox, Mumps)
- Under the Influence of (alcohol, drugs, prescribed pain medication)
- Neuralgia
- Hypersensitive Skin
- Loss of Skin Sensation
- Vascular Skin
- Irritated Skin/Sunburn/Broken Skin
- Fever
- Skin Cancer/Chemotherapy
- Vascular Lesions/Rosacea

**PRE-TREATMENT ADVICE**

- Two days prior to treatment, discontinue using all alpha hydroxy acid products (those containing glycolic or lactic acid), salicylic acid products, retinoids (Retin A, Renova, Differin and Tazorac) and other topical acne medications such as B-benzoyl peroxide. If in doubt about using any product, please seek medical advice.

The following procedures should not be performed for a minimum of 7 days before microdermabrasion:

- Waxing
- Tweezing
- Electrolysis
- Laser treatments (any kind)
- Injections (Collagen & BOTOX)
- Chemical peels (any kind)
- Facials



NOTE: If you have a history of herpes simplex virus (cold sores or fever blisters), in rare instances a reactivation of this condition could occur after treatment. Please inform your nurse or physician so that an anti-viral medication can be prescribed before the treatment.

#### **AFTERCARE ADVICE**

- Experiencing initial dryness, flaking, and a feeling of a mild sunburn is a normal result of the procedure. This is a sign your skin is repairing itself.
- Cleanse and moisturise your skin twice daily. Use non-active products that help to nurture the skin (PLEASE ASK your therapist for advice)
- Please ask your therapist which mask would be most suitable for your skin type.
- Avoid touching the area following your treatment with unwashed hands.
- Do not use any alpha hydroxy acid products (those containing glycolic or lactic acid), salicylic acid products, retinoids (Retin A, Renova, Differin and Tazorac) and other topical acne medications such as benzoyl peroxide for 72 hours after the treatment.
- Do not directly expose the treated area to the sun for at least 48 hours after the treatment. Use a sunscreen every day that blocks both UVA and UVB rays, preferably one containing zinc or titanium dioxide, which should not irritate the skin.
- Exercise that causes excessive sweating for 48 hours.

The following procedures should not be performed for a minimum of 7 days after microdermabrasion:

- Waxing
- Scrubs or exfoliates
- Electrolysis
- Tweezing
- Injections (Collagen & BOTOX)
- Laser treatments (any kind)
- Facials or masks
- Chemical peels (any kind)