

Microdermabrasion

Frequently Asked Questions

What is microdermabrasion?

Microdermabrasion is a technique for removing the top most layer of skin leaving it supple and vibrant. The DiamondTome™ wand removes this layer of skin by gently exfoliating the skin with natural diamond chips, while at the same time vacuuming the dead skin cells, promoting the growth of healthy new skin cells.

What is the difference between the DiamondTome™ System to particle microdermabrasion and chemical peels?

The DiamondTome™ System is similar to other resurfacing methods listed above in its results but without the adverse effects of loose particles, irritation and skin reaction. Unlike other exfoliation treatments, the DiamondTome™ System uses no loose abrasives to contaminate you or the environment.

How many treatments will I require?

Treatment series vary from four to ten sessions depending on the condition being treated and the type of skin.

Will anyone know I've had something done?

You may notice your skin is a bit more sensitive, especially during the winter, but there is little redness and no swelling, and most people return to normal daily activities immediately following a treatment session. Your skin will look and feel smoother even after the first treatment and will continue to improve with additional treatments.

Does microdermabrasion hurt ?

Some patients describe a "tingling" sensation when they are being treated, but overall the procedure is essentially painless.

How long does a treatment session take ?

Each treatment session lasts approximately 15-20 minutes.

Are there any risks associated with microdermabrasion ?

While the microdermabrasion is essentially a risk free procedure, especially since the introduction of the crystal free systems, there are a small number of people who should not have microdermabrasion. These include people with active rosacea or cystic acne, active herpes, warts, or those currently using Accutane™ or other retinoic acid containing medication.

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Patient Information

∞ The DiamondTome™ Wand removes this layer of skin by polishing it with natural diamond chips and vacuuming the dead skin in a controlled manner. Removing the dead skin leaves a smoother surface and promotes the growth of healthy new skin cells.

∞ **Microdermabrasion can help with the following conditions:**

- ∞ Reduction of minor to moderate early aging fine lines
- ∞ Reduces sun damaged skin and/or age spots
- ∞ Blending the results of cosmetic surgery or laser treatments
- ∞ Reduction of mild acne scarring
- ∞ Extraction of blackheads and whiteheads
- ∞ Oily skin
- ∞ Hyperpigmentation reduction
- ∞ Overall rejuvenation of skin health

∞ **People with the following conditions should NOT have microdermabrasion:**

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| ∞ Active acne | ∞ Eczema or other atopic dermatitis |
| ∞ Active skin cancer | ∞ Vascular lesions |
| ∞ Active viral lesions (i.e. herpes simplex) | ∞ Oral blood thinners (i.e. wafarin) |
| ∞ Uncontrolled diabetes mellitus | ∞ Pregnant women |
| | ∞ Tattoos (not effective) |

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Pre Treatment Instructions

- ☞ Sun exposure and tanning beds should be avoided for several days pre treatment and a minimum SPF 30 should be used daily
- ☞ **Avoid any products containing** α -hydroxy acid, glycolic acid, retinoic acid or any other exfoliating products up to three days *prior to* treatment
- ☞ **Avoid facial waxing** one week *prior to* treatment
- ☞ **Avoid the prescription medication isotretinoin** (Accutane[®]) four to six months *prior to* treatment
- ☞ **Avoid Restylane[®]** (or other filler) injections for up to 10-14 days *prior to* treatment
- ☞ **Avoid Botox[®]** injections for up seven days *prior to* treatment
- ☞ For maximum desired results, multiple treatments will be required at regular scheduled intervals.

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Post Treatment Instructions

- ∞ Care should be taken to **prevent trauma to the treated area** for the first 24 hours following treatment
- ∞ Ice or chilled cold packs may be applied post-treatment for any swelling and inflammation reduction
- ∞ Mild to moderate redness may also be present and will typically resolve in 24 to 48 hours
- ∞ **Avoid hot tubs or spas** for at least 24 hours after treatment
- ∞ **Avoid applying make-up** for 24 hours
- ∞ Use hydrating and soothing antioxidants for healing dry skin or flakiness
- ∞ **Avoid picking or pulling dry, flaky skin** off the treated area, this may result in lightening or darkening of the skin
- ∞ **Avoid facial waxing** two weeks after the treatment
- ∞ **Avoid artificial tanning or sun exposure** without sun protection of a 30 SPF during the duration of the treatment