

MICRODERMABRASION

Benefits:

- Improves the skin's condition, especially sun damaged, mild acne, dull, and congested skin.
- Refines pores.
- Minimize fine lines.
- Increases circulation.
- Reduces hyper pigmentation.
- Improves texture and elasticity.
- Minimizes superficial scars.

Indications:

- Sun damaged skin.
- Mild acne, dull, and congested skin.
- Hyperpigmentation.
- Uneven texture.
- Fine lines.
- Enlarged pores.

Precautions:

- Two weeks prior to microdermabrasion procedure avoid:
 - ☐ Sunbathing, tanning, direct sun exposure.
 - ☐ Waxing, electrolysis or depilatory.
 - ☐ Cosmetic injections.
- Three days prior to microdermabrasion procedure avoid:
 - ☐ AHA's, BHA's, Benzoyl Peroxide, Retinols, Tretinoin, Adapalene, Enzymes, Azalic acid.

Contraindications:

- Acne stages III and IV.
- Dermatitis (eczema, psoriasis, seborrhea).
- Viral lesions (herpes simplex virus, impetigo, warts).
- Sunburn.

- Tattoos.
- Rosacea.
- Unidentified or open sores.
- Moderate to severe Telangiectasia.
- Cancer.
- Vitiligo.
- Sun exposure and tanning bed use.
- History of allergic reactions.
- History of topical medicines (Retin A, Renova).
- History of oral medications (Minocycline, erythromycin).
- Previous plastic or reconstructive surgery.
- Current skin care regimen.
- Raised moles, skin tags, keloids, scars less than 6 months old.
- Uncontrolled diabetes.
- Oral anti-coagulant.

Pre-Procedure:

- Client greeting and offer water.
- Have client fill out history intake form or follow up form.
- Escort client to changing area.
- Help client onto bed, cover hair and drape with towel.
- Client consultation.
- Sanitize and glove hands according to gloving skill.
- Magnifying lamp (First look).
- Eye cleanse.
- Lip cleanse.
- Pre-cleanser (face).
- Magnifying lamp (First skin analysis).
- Basic cleanse.
- Second Skin Analysis (Wood's Lamp).

Procedure:

- Take 2 pieces of small, single ply gauze and fold in half. Dampen each with the degreasing solution.
- Starting at mentalis, using both hands, wipe towards the mandible.

Using the same motion, work up to zygomatic arches, maxillae region, and nasalis. Work up towards hairline using small half moons on frontalis. Stop at temples.

- **Tip:** Be sure you bring gauze to the outer perimeter of the face, near the hairline so as to remove all oil.
- Cover the client's eyes with protective eyewear and use a new plastic disposable tip on the wand.
- Set the flow of the crystals and the vacuum to the desired level.
- Hold the wand in one hand (as you would hold a pencil). With the opposite hand, stretch the skin taut in the area on which you are working.
- Start at the right corrugator. Slide the wand horizontally towards the outer, right frontalis. Line up each stroke against each other as you move up towards the hairline, still working in horizontal strokes. Be sure not to overlap. Pressure should be light and glide over the skin.
- Turn head and use horizontal strokes from the corner of the eye to the temple and ear. Be sure skin is still being stretched taut.
- Change sides to left frontalis and work in the same manner as left side.
- Using a scooping motion, work along top of the procerus, then along right side and left side of nasalis.
- Starting on the right side of nasalis, move wand horizontally across zygomatic arch to temple. Move the wand down the face in this manner, being sure to line up each stroke without overlapping. Stop when you reach the corner of the obicularis oris.
- Continuing to hold the skin taut, move the wand from the right center maxillae, just under the nose, to the outer corner of the obicularis oris. Move down the maxillae until you've covered the entire area.
- Switch to the left side of the nasalis and follow the same pattern from the zygomatic arch, to the maxillae.
- Starting at the center of the mentalis, near the bottom lip, hold the skin taut and move the wand horizontally towards the right side of the face, near the hairline. Continue this patter working down the face, lining up each stroke as you work.
- Repeat this pattern on the left side.
- Using a piece of gauze or a dry brush, dust off excess crystals from areas that have been treated.



Post-Procedure:

- Remove gloves according to Degloving skill.

Maintenance:

- Empty used crystal container if full into a closed container.
- Replace with new crystals.
- Provide client with a list of post treatment product recommendations.
- For the next 24 hours, avoid extreme exercise or anything else that will cause extreme temperature fluctuations.
- Wash face with tepid water.
- Make up can be applied after 1 hour; however it's best to wait 24 hours.
- No unprotected sun exposure.
- No waxing, electrolysis or depilatory use for 1-2 weeks following treatment.

Infection Control:

- Wipe machine with disinfectant wipes and hand held piece.
- Remove disposable tip and discard in trash.
- Sweep up or use disinfectant wipes around floor to pick up any loose crystals that have fallen.
- Refer to OSHA and your state board.