

**Microdermabrasion or Chemical Peel Post Care instructions**

For best results, please follow these instructions

1. Avoid sun exposure and tanning beds to treated areas after treatment (we recommend this

indefinitely). Daily sunscreen with an SPF of at least 30 is vital to maintain your improved skin.

2. Avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl

peroxide, glycolic/salicylic acids, astringents or Vitamin C for one week after your treatment.

3. Do not wax, tweeze or use a depilatory to the treated areas for one week after your treatment.

4. It you receive Collagen treatments, these may be resumed 24 hours after treatment.

5. If you receive Glycolic Peels, these may be resumed two weeks after your treatment. Deeper peels should be resumed one month post treatment.

6. If you do not need make-up for the evening of treatment, wait until the next morning.

7. Avoid intense exercise for 24 hours.

**Please call us if you have any questions at 214-823-9652**