



Maria Cosmetic Center

Skin Care & Laser Clinic

After Microdermabrasion

First, it's important to remember that any skin resurfacing procedure is somewhat invasive and your skin needs some time to recover. The top skin layers have just been removed and your face simply reacts back.

Facial redness after each abrasion is normal (the redness should fade in a few hours) and so is some itchiness and a mild sunburn sensation (which can last up to two days afterwards). Basically, you only have to do these next 4 things to avoid complications and speed up your skin's recovery:

1. Cleanse your face immediately after treatment with a wet cloth and rehydrating toner to remove any micro-crystal residue or dead skin cells left behind.
2. Once the skin has dried completely, apply a rich moisturizer. Use moisturizer for 4-6 days after microderm abrasion to avoid excessive peeling.
3. Don't forget to use sunscreen every time you go out (even if it's an overcast day) because micro dermabrasion increases photosensitivity.
4. Avoid staying in the sun for 7 days after microdermabrasion to prevent UV rays from damaging your skin (which slows down the recovery).

Facial Makeup After Micro Dermabrasion

There is an endless controversy about using makeup after microdermabrasion. Some doctors say you can use some mild make-up to cover the skin redness on your face, while others tell you to avoid using any type of liquid or powder foundation (or any other type of cover up, for that matter) for the first 2-3 days after micro dermabrasion.

What Is Best To Apply On Your Face After Micro Abrasion?

Some creams, gels and ointments can help relieve the tenderness or the burning sensation you get after microderm abrasion.

- Copper-based lotions speed up skin recovery and are light enough to be used underneath liquid foundation.



3-6126 Yonge st, North York, M2M 3W7



+1 (647) 887 7605



m.cosmetic.center@gmail.com



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- Vitamin A, C and E in many brands of microdermabrasion cream increase skin elasticity and help the skin look fresh and toned.

What To Avoid After Micro Dermabrasion Facials?

We usually avoid any exfoliation or shaving after facial or body microderm abrasions:

- We avoid exfoliation products and glycolic acid-based creams for 3 days after micro dermabrasion.
- We avoid waxing for at least 30 days after microderm.

Persistent Skin Redness After Dermabrasion – What To Do?

Normally, the red skin takes a few hours to return to normal after microdermabrasion. If it doesn't, give it a day to calm down. If the redness persists, see your dermatologist. If you notice any infection, long-lasting swelling, pain or color changes, see your doctor immediately.



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