

Am I A Candidate For Microdermabrasion?

Nothing feels better than a fresh face after a good treatment of Microdermabrasion, but is it the treatment for you? Here are some answers to questions that determine whether or not a client is a candidate for Microdermabrasion. A few of these questions may apply to you.

- 1. *I have sensitive skin. Can I have a Microdermabrasion Treatment?*** Many people may or may not have sensitive skin. Or they are just not using the correct skin care products for their skin type and or skin condition(s). Therefore, they are under the belief that they have sensitive skin. Then there are those that truly have sensitive skin, such as those with eczema. However, it does not mean they are not a candidate for Microdermabrasion. The best situation would be is to have a skin analysis done with a Medical Aesthetician so that she or he may consult you on exactly what your skin requires. When deciding to have Microdermabrasion, all clients will have a thorough consult and consent along with a Skin Analysis.
- 2. *Can I have Microdermabrasion with Rosacea?*** In theory, no. Rosacea is a condition where the blood vessels in the skin (usually on the forehead, cheeks, nose and chin) are dilated and broken. The skin appears red and irritated. When performing Microdermabrasion, we are exfoliating the dead layers of skin off of the epidermal layer. The tool which is used creates a suction while it sloughs off the old skin, encouraging new blood cells to rise to the surface to promote collagen stimulation; therefore the birth of new skin. However, the suction only further dilates the broken blood vessels causing the Rosacea to become worse.
- 3. *I am taking acne medication and I heard Microdermabrasion helps to eliminate acne as well. Can I do both?*** Unfortunately the majority of acne medication is a contraindication to Microdermabrasion due to the fact that it can thin the skin. Absolutely NO MICRODERMABRASION Treatments are to done on any client who is taking ACCUTANE/ ISOTRETINOIN. If a client has been off Accutane/ Isotretinoin for 1 full year, then they can proceed with Microdermabrasion Treatments.
- 4. *Can I tan my face when getting Microdermabrasion?*** This is an interesting question. Mainly because Microdermabrasion is a treatment that helps exfoliate dead skin that has accumulated over time from external factors such as the sun. It is performed to help reduce fine lines, improve the texture of the skin and help smooth the skins surface- all of which the sun damages over time. But to answer the question in theory: no. Microdermabrasion is a form of exfoliation of the first layer of skin. Your skin becomes sensitive to the suns UVA and UVB rays more than average when receiving treatments. For the first 48 to 72 hours you must protect your skin by wearing SPF 20 and re-apply every 15 minutes.
- 5. *Are there any medical conditions that prevent me from having Microdermabrasion?*** The following are contraindications to having Microdermabrasion treatments; Pregnant or Lactating, Cold Sores – may cause an outbreak.
- 6. *What if I decide to have other treatments? Will Microdermabrasion interfere?*** It all comes down to timing. Much of what we do as Medical Aestheticians involves wound healing. As superficial as they are, these wounds need time to heal, encourage new cell growth and replenish an abundance of collagen. As for Microdermabrasion, the timing in between is for the Wound Healing Phase, which is 2 weeks. This is where the new cell growth takes place, migrating the new skin cells forward, preparing the dead skin cells for exfoliation. Here is a list of treatments and the waiting period before one can have Microdermabrasion;
 - Facial Surgery – 8 Weeks
 - Collagen/ Fillers – 3 Weeks
 - Laser Treatments – 3 Weeks
 - Waxing/ Depilatory Creams – 2 Weeks Before/ After
 - Electrolysis – 1 Week
 - Hair Chemical – Wait 7 Days Post
 - Retinols/ Retinoids – Discontinue Use 7 Days Prior