

Growing Younger Clinic

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Microdermabrasion Information

What can microdermabrasion help?

Sun damage, fine lines and age spots, acne and small scars

What is microdermabrasion?

Microdermabrasion is a state-of-the-art skin rejuvenation system that gently abrades the surface of the skin using fine crystals, bristles, or diamond tips. A controlled vacuum lifts off the dry, damaged cell layers, leaving behind smoother, more vibrant skin. With progressive treatments this exfoliation procedure can remove damage caused by age, the sun and other environmental factors, leaving the skin looking years younger.

Is microdermabrasion safe?

Yes. Microdermabrasion is non-invasive. Unlike other skin rejuvenation treatments, microdermabrasion is virtually painless. The procedure removes only the outermost layer of dead skin cells to reveal the fresher, younger cells beneath. It is precise, safe, effective and can be used on all skin types and ages. Due to its controlled ability to rejuvenate the skin, there is no patient down-time; normal activities may be resumed immediately. An average treatment takes less than an hour and is usually performed in a series of weekly or monthly sessions. Best of all, microdermabrasion is surprisingly affordable.

How soon can results be seen?

Immediately! After the first treatment the skin will have a fresh pink glow. It will look healthier and feel smoother and softer. Part of a complete approach to skin rejuvenation, microdermabrasion is combined with a comprehensive skin care program. By properly pre-treating the skin to enhance the treatments and by applying advanced repair and hydrating products after the treatments, the newly exposed skin will stay soft and youthful.

For optimum results:

- Avoid perspiring for 24 hours.
- Avoid direct sun for 72 hours; use the recommended sunscreen twice daily.
- Perform the prescribed daily skin care routine, avoiding the use of retinoids and strong astringents for 48 hours.
- Moisturize well as per skincare instructions.
- The use of cool compresses may help any redness or sensitivity that may occur.
- A few acne pimple breakouts may be experienced the first week after a Microdermabrasion treatment. This is normal and part of the process.
- Do not pick at the skin as it may cause infections.
- Contact the service provider if there is any persistent discomfort, redness or sign of infection (cold sores, etc.)



Frequently Asked Questions - Microdermabrasion

How does it work?

Microdermabrasion is a non-invasive procedure in which very fine, sterile crystals, bristles, or diamond tips are applied across the surface of the skin. They gently abrade away the dry and damaged surface cell layers, leaving the skin smoother and more vibrant.

What areas can be treated?

Microdermabrasion is most often performed on the face, but can also be used on hands, chest and other areas where rough skin is prevalent, such as elbows, knees and heels.

How long does the procedure take?

It depends on the area being treated. It will typically take 15 minutes to treat a face.

Is it painful?

The procedure is very gentle. The skin will feel taught as the tip is pressed against it, with a mild tingling sensation.

Is it safe?

Yes. There are no after effects.

How many treatments are required?

Treatments are provided in a series of sessions, usually at one to two week intervals.

What results can be expected?

Patients are delighted with this treatment which will improve:

- Oily or dull skin
- Enlarged pores
- Acne scars
- Fine lines and wrinkles
- Uneven skin color

Can microdermabrasion be combined with other treatments?

Microdermabrasion is a useful skin care technique which can be used alone or in combination with other procedures as a part of an overall skincare program. Various options are available depending on each person's individual needs.

Is it permanent?

Maintenance sessions, typically every two months, are recommended to maintain the result.

Are there any side effects?

Side effects are minimal and are generally limited to a slight redness of the skin which should subside within minutes.

How soon can makeup be worn?

Makeup can be applied the next day after, but it is best to go a couple of days before a makeup application.

