

Thank you for choosing dermabrasion to improve your skin's texture and appearance. Dermabrasion is a skin resurfacing procedure that uses a high-speed rotating brush or diamond wheel to exfoliate the skin, removing damaged layers and promoting the growth of new, healthier skin. Proper aftercare is essential for healing, minimising complications, and achieving the best results. Please follow these instructions carefully to optimise your recovery.

Immediately After Treatment:

- **Mild Redness, Swelling, and Sensitivity:**
It is normal to experience redness, swelling, and a sensation of warmth or tightness in the treated area immediately after dermabrasion. This typically resembles a sunburn and should subside within a few hours to a day.
 - **Mild Discomfort or Sensitivity:**
You may feel mild discomfort or tenderness in the treated areas. This should resolve within a few hours to a few days.
 - **Cold Compress (if necessary):**
Apply a cold compress wrapped in a clean cloth to the treated area for 10-15 minutes every few hours during the first 24-48 hours to reduce swelling and soothe discomfort.
 - **Avoid Touching or Scratching the Treated Area:**
Do not touch, rub, or scratch the treated area for at least 24-48 hours to prevent irritation or infection.
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For the First Week:

- **Gentle Skin Care:**
Cleanse the treated area gently with a mild, non-alcoholic cleanser. Avoid using scrubs, exfoliants, or abrasive products for at least 7-10 days to allow the skin to heal and promote proper regeneration.
- **Moisturise Regularly:**
Apply a gentle, fragrance-free moisturiser to keep the treated area

hydrated. This helps alleviate dryness and tightness, which is common after dermabrasion.

- **Avoid Sun Exposure:**
Your skin will be more sensitive to the sun after dermabrasion. Avoid direct sun exposure for at least 2-4 weeks. Always wear a broad-spectrum sunscreen with SPF 30 or higher when outdoors to protect your skin from UV damage and prevent pigmentation changes.
- **Avoid Excessive Heat:**
Avoid hot showers, saunas, or hot tubs for at least 48 hours to prevent irritation and support the healing process.
- **Avoid Makeup for 24-48 Hours:**
Avoid applying makeup to the treated area for at least 24-48 hours to allow the skin to breathe and heal properly. Use non-comedogenic makeup after this period to avoid clogging pores.
- **Keep the Treated Area Clean and Dry:**
Gently pat the treated skin dry with a clean towel. Avoid rubbing or scrubbing the area to prevent irritation.

For the First Month:

- **Continue Gentle Cleansing and Hydration:**
Continue to cleanse your skin with a mild, non-alcoholic cleanser and moisturise regularly to support the healing process.
- **Continue Sun Protection:**
Always apply sunscreen with SPF 30 or higher to the treated areas. UV exposure can cause pigmentation changes and affect the healing process. Reapply sunscreen every 2 hours when outdoors.
- **Avoid Harsh Products:**
For at least 4 weeks after the procedure, avoid products containing alcohol, retinol, or exfoliating agents (such as AHAs or BHAs) to avoid irritation and support the healing process.
- **Gradual Return to Physical Activity:**

After the first 48 hours, you can gradually return to light exercise. Avoid intense physical activity or anything that causes excessive sweating for at least 1 week after treatment.

Common Side Effects:

- **Redness and Swelling:**
Redness and swelling in the treated area are common after dermabrasion and should subside within a few hours to a few days. Cold compresses can help reduce these symptoms.
 - **Flaking or Peeling:**
Some mild flaking or peeling may occur as your skin heals. This is a normal part of the skin's renewal process and should resolve within 5-7 days. Avoid picking at the peeling skin to prevent scarring.
 - **Dryness or Tightness:**
The treated area may feel dry or tight for the first few days. This is normal and can be alleviated with regular moisturising.
 - **Temporary Sensitivity:**
Your skin may be more sensitive to touch, products, and sun exposure for the first few weeks. This is normal and should improve over time.
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When to Contact Us:

Please contact your provider immediately if you experience:

- Severe pain, redness, or warmth in the treated area (signs of infection).
- Excessive swelling, bruising, or discomfort that does not improve after the first few days.
- Unusual discharge, pus, or bleeding from the treated area.
- Any signs of an allergic reaction, such as itching, hives, or difficulty

breathing.

- Any other symptoms that seem out of the ordinary or concerning.

Long-Term Care:

- **Maintain Healthy Skin Care Practices:**
Maintain a gentle skincare routine with hydration and sun protection. Avoid harsh treatments or exfoliating products that could disrupt the healing process.
- **Monitor Results:**
Full results from dermabrasion may take several weeks to months to become fully visible, as the skin continues to regenerate and improve in texture. Be patient and follow up with your provider for any necessary touch-ups or assessments.
- **Healthy Lifestyle:**
Maintaining a balanced diet, staying hydrated, and engaging in regular physical activity will support overall skin health and help you maintain the results of your treatment.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.