

PRE-TREATMENT INSTRUCTIONS:

- Contact lenses cannot be worn during VibraDermabrasion therapy. Please make sure they are removed prior to your appointment.
- Those who have completed a course of Accutane within one year are not candidates for VibraDermabrasion
- Resolution of open lesions, active cold sores, acute facial dermatitis, or facial irritation should be achieved prior to receiving VibraDermabrasion therapy.
- Recipients of a phenol peel or any deep peel within the last two years are not candidates for VibraDermabrasion.

POST VIBRADERMABRASION INSTRUCTIONS:

- You may resume your daily activities or return to work immediately.
- Your skin may feel extra sensitive. It is normal to see a little redness or have a “windburn” sensation for part of the day.
- Unless recommended by our office, do not have a chemical skin peel procedure performed during the next two weeks.
- A moisturizer will be applied to the treated area before you leave the office. Continue to use your moisturizer on a daily basis.
- Minimize sun exposure. Sun block will be applied to the treated area before you leave the office. Protect your face every day with a high-quality broad-spectrum sun block with Titanium Dioxide, Zinc Oxide, or Parsol 1789.
- For 24-48 hours after your treatment, no glycolics, alpha hydroxy, beta hydroxy, topical vitamin C, Retin-A, benzoyl peroxide or topical acne medications are to be applied to the treated areas. You will be advised when to reintroduce your skin care products.
- Mineral Makeup can be applied immediately if desired.

PRINT NAME

SIGNATURE

DATE

MEDICAL PROFESSIONAL

SIGNATURE

DATE