

## Vibradermabrasion Post Care Treatment

- ⑩ Do not use Retinoid products, Glycolic, or any other Alpha Hydroxy Acids (AHA's) for 48 hours before or after treatment, unless directed by your doctor. This includes moisturizers that contain any acids as ingredients.
- ⑩ Cleanse and moisturize skin after treatment. A mild moisturizer, such as the Laser Clinique Calming Moisturizer is recommended. Discomfort from skin tightness can be relieved with this moisturizer.
- ⑩ Apply Laser Clinique's Oil Free Sunscreen daily. Sunscreen providing protection from both UVA and UVB rays that has an SPF of 30 or greater is important to use on a daily basis.
- ⑩ No prolonged exposure to sunlight or use of a tanning bed for at least 72 hours after treatment.
- ⑩ The following symptoms may occur:

**REDNESS AND SWELLING-** After vibradermabrasion most people return to a normal skin tone within 30- 40 minutes. Deeper treatment for shallow scars, or moderate to heavy sun damaged skin may appear slightly red or swollen for a few hours. Patients who have sensitive skin may appear this way for up to 2 days, although this rarely occurs.

**SKIN TIGHTNESS-** Skin will feel tight and tingle as if exposed to the sun or wind for approximately 24- 48 hours following a treatment session.

**SKIN PEELING-** Although rare, patients may experience some moderate skin peeling 48- 96 hours after treatment.