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Pre-Microdermabrasion Procedure Instructions

- Avoid sun exposure for at least 2 weeks prior to your microdermabrasion. Wear protective clothing including a wide brim hat or SPF 30 or greater daily.
- One week prior to treatment, the following treatments and products should be avoided:
 - waxing, electrolysis, or laser hair removal on the treatment area
 - laser skin rejuvenation on treatment area
 - botox and facial filler on treatment area
 - other chemical peels
 - exfoliating masks, loofahs, and other coarse sponges
- At least three days prior to treatment discontinue the use of the following products: any retinoic derivative (Retin-A, Renova, Retinol, Tazorac, Tretinoin, Differin/ Adapalene etc), benzoyl peroxide, glycolic acids and salicylic acids.
- Please arrive to the clinic on the day of treatment with a fully cleansed face; no make-up, aftershave, or cologne should be applied.
- Avoid shaving the treated area the day of treatment.
- Remove contact lenses
- If you have a history of cold sores around the face, nose or lip you should take an antiviral medication (acyclovir or valacyclovir) the morning of your treatment and as prescribed to prevent an outbreak. Please call the clinic for this prescription **PRIOR** to your appointment!
- Note: If you have darker skin (Fitzpatrick skin types III-VI) or tend to get hyperpigmentation (darkening of skin) with any procedure or trauma to your skin a microdermabrasion may not be the best option for you. Please call the clinic for other options or discuss with your provider.

Post Microdermabrasion Procedure Instructions

- Avoid sun exposure and protect the treated area with clothing and wide brim hat or use sunblock of SPF 30 or higher for at least 4 weeks after treatment.
- Some redness, burning, swelling, tightness of the skin and peeling in the treated area may occur. Use a cold compress to help reduce these symptoms. You may take Tylenol as needed for any discomfort.
- Different areas of your skin may experience the above reactions at different times due to the varying sensitivities of the skin.
- If a superficial scale, crust or scabbing occurs, do not rub, pick, scratch or remove the scale/crust/scab; simply cleanse the area gently, pat dry and apply post procedure ointment, Vaseline petroleum jelly, or aquaphor.



DERMATOLOGY
• OF NEW MEXICO •

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- Wash the skin gently with a mild cleanser 1-2 times daily and do not use exfoliant, harsh or abrasive products in the treatment area for at least 5 days.
 - You should apply the post procedure ointment given to you or Vaseline Petroleum Jelly or Aquaphor twice a day for the first several days or longer if needed.
 - Avoid the use of any retinol containing creams or gels (Retin-A, Renova, Retinol, Tazorac, Tretinoin, Differin/ Adapalene etc), benzoyl peroxide, glycolic acids and salicylic acids for at least 1 week.
 - Do Not take a hot bath, sauna, hot tub, or expose the treated area to excess heat for 3 days.
 - Light to moderate intensity exercise post treatment is acceptable. Avoid vigorous exercise. Overstimulation and heat can increase the intensity.
 - Avoid tight headbands, hats, or glasses that press heavily on the skin.
 - Sleep on your back. Lying on your face may irritate the skin. Try to keep your head elevated for a few days at night.
 - Avoid excess alcohol consumption and Avoid smoking.
 - Use only topical creams/ointments that have been recommended post treatment.
 - Drink 8 glasses of water and avoid caffeine and alcohol for the first 3 days.
 - Don't wear jewelry or scratchy clothing that will affect a treated area
 - If needed, schedule a follow-up appointment 5 days procedure for evaluation.
 - If you have any problems with your treatment or blistering, please call Dermatology of New Mexico at 505-225-2500 to speak to your provider.
 - If it is after hours, please call the on-call service to be connected to the provider on call.

Thank you

Name of Patient: _____ Date: _____

Signature of Patient: _____

Initials of Provider: _____