



SKIN INSTITUTE

Microdermabrasion Information Sheet

Microdermabrasion is mechanical exfoliation that removes the uppermost layer of dead skin cells from the face, chest, neck or hands.

For best results a series of treatments is recommended and quality anti-ageing skin care products and sunscreen should be used daily.

Benefits of Microdermabrasion

Microdermabrasion can diminish fine lines, acne scars, and skin discolouration as well as rejuvenate dull looking skin and diminish pore appearance.

It makes it easier for skin care products to actually penetrate into the deep layers of the skin and help build collagen, which gives skin its youthful appearance.

How It Works

A small pen-like wand is placed on your face and moved in small swipes which will circulate crystals over your skin, polishing off dead skin cells as well as vacuuming them up as you go.

Microdermabrasion works by causing a small amount of trauma to the skin, causing the skin to repair itself, creating a younger, healthier looking skin.

Microdermabrasion works best when performed as a series of treatments typically 6 treatments performed 10 - 14 days apart. Noticeable changes can be seen after the first treatment, usually smoother, healthier looking skin. After a series of treatments, oiliness is decreased, dilated pores are less pronounced, and the skin is more refined. Fine wrinkles sometimes appear smoother.

While you will obviously feel it, there should be no discomfort during the treatment. Caution should be exercised if you have rosacea or sensitive skin.

Each treatment takes about 20 - 30 minutes and there is no downtime. Sunscreen must be worn after treatment.