

## How Does Microdermabrasion Work?

Microdermabrasion has been performed successfully for year in Europe and is now one of the most popular cosmetic procedures in the U.S. It is rapidly becoming one of the most frequently sought after non-surgical, non-invasive skin care and renewal treatments.

- How does microdermabrasion affect the skin?
  - ▶ Improves sun-damaged skin, age spots
  - ▶ Evens out and improves skin texture
  - ▶ Softens fine lines, reducing signs of aging
  - ▶ Cleans out comedones helping clear acne blemishes
  - ▶ Reduces enlarged and clogged pores, blackheads and whiteheads
  - ▶ Improves inflammation of the hair follicles on male beards (pseudofolliculitis barbae)
  - ▶ Enhances the penetration of topical skin therapies

- The microdermabrasion treatment:

Microdermabrasion is best thought of as a gentle buffing process for the outer epidermal layer of the skin.

- ▶ A precise stream of aluminum oxide crystals is directed at a high speed through the hand piece or to the skin to loosen and exfoliate the top layer of dead cells.
  - ▶ The crystals and exfoliated skin cells are vacuumed away, revealing fresh, smoother and healthier looking skin.
  - ▶ As the damaged cells are exfoliated and vacuumed away, the production of collagen is stimulated, helping to maintain elasticity.
  - ▶ Directly following the treatment, the skin may feel slightly wind burned and usually has a slightly rosy tone that fades after a day or two. The skin may also be slightly dry for several days and must be properly cleansed and moisturized.
- Treatment parameters:
  - ▶ Treatments usually last 20 -30 minutes for the face. If the neck, décol etage and hands are included, treatments will be longer.
  - ▶ Microdermabrasion is safe and effective on all skin types from light to dark, dry to oily.
  - ▶ It is also effective in every age group. Younger patients can reduce occasional blemish flare-ups and use it as preventative skin care to fight the first signs of aging. Older patients find microderabrasion promotes the production of new cells in the basal (deepest) layers of the skin to smooth and improve skin tone.
  - ▶ Microdermabrasion is a non-invasive procedure with very little discomfort and minimal risk.
  - ▶ A series of six microdermabrasion treatments followed by a regular maintenance program is suggested.

