**How To Look After Your Skin Following a Microdermabrasion Treatment**

As with all cosmetic treatments, it’s important to follow your skin care specialist’s post-procedure instructions to maximize your microdermabrasion results. In order to do this, you should fully understand what to expect following this popular skin treatment.

**What to expect after a microdermabrasion treatment**

While a microdermabrasion treatment is a non-invasive, gentle procedure, it may result in some temporary side effects, including a:

Pink or red complexion

Feeling that the skin is sun or wind-burned

Slight skin tightness

Bruised or sensitive sensation

Note: During a microdermabrasion recovery, patients generally experience immediate improvements, but optimal results will not be visible until you have completed all recommended treatments.

A typical course of treatment ranges from 5-10 sessions spaced 1-2 weeks apart.

**8 Post-Microdermabrasion Skin Care Tips**

While microdermabrasion is not a particularly invasive procedure, your skin will be sensitive after the treatment. To ensure safe and satisfactory results, it’s important to follow the following recovery tips:

Clean your face after the treatment using a wet cloth and rehydrating toner to remove any dead skin cells left behind.

Use a rich moisturizer once you have thoroughly dried the skin. Continue to use it for 4-6 days after your treatment as this will prevent any excessive peeling.

Use sunscreen every time you go out (even if it is an overcast day). This is important because microdermabrasion increases photosensitivity.

Stay out of the sun for at least a week after your microdermabrasion treatment to prevent UV rays from causing hyperpigmentatation or damaging your skin.

Keep yourself hydrated by drinking plenty of water and eating fruits and vegetables with a high water content.

AVOID scratching or picking at the treatment area.

DO NOT use any harsh chemicals, rub or tan your skin for at least one week following the procedure.

Avoid facial waxing, use of depilatory creams, electrolysis, IPL or any other laser procedure for at least two weeks after your treatment.