

DERMA LASER

Medical Skin & Laser Clinic

DERMA GENESIS® MICRODERMABRASION

Derma Genesis® Microdermabrasion is a safe, progressive approach to skin care that was developed in Italy in 1987. Using vacuum and sometimes positive pressure, the machine and the specially-designed hand piece allows micro-fine crystals to pass over the skin. As the crystals make contact, they actually blast off a thin layer of the outer skin (epidermis). The hand piece then vacuums off the dead skin and crystal particles. The procedure exfoliates the dry, dull skin while stimulating circulation and collagen production.

Each treatment removes one to two layers of dead skin cells depending on the condition that is being treated. The depth of treatment is determined by the trained operator and controlled through the speed of the hand piece, crystal flow and the number of passes. Since each treatment is customized, patients can be treated at their own comfort levels. Microdermabrasion improves the overall appearance and tone of your skin, helps to regenerate collagen production and improved circulation.

CLINICAL INDICATIONS

- Men and women of all skin conditions and colours
- Ageing skins – Wrinkles and Fine lines
- Dull skins
- Poor skin circulation
- Smokers skin
- Acne Scars
- Age/Sun spots
- Rough uneven skin texture
- Stretch marks
- Flacky & dry skin
- Uneven pigmentation
- Clogged pores

QUESTIONS & ANSWERS

Is Microdermabrasion Painful?

For normal treatments, you will experience the sensation of vacuum suction and crystal particles making contact with your skin. This should not be a painful experience. Sensitive areas around the eye and upper lip may feel more tender but the technician will adjust the machine in these areas to prevent discomfort.

What can I expect from Microdermabrasion?

After your initial consultation, a customized plan will be developed for you. Microdermabrasion is a progressive skin treatment. Your success depends on multiple treatments on a strict schedule. Often called "The Lunch Time Peel", each session may take between 30 minutes to one hour, depending on the areas being treated. Your skin may be slightly reddened for 20 minutes to several hours after the treatment but it is perfectly safe to apply your make-up and return to normal activities. There is no recovery or "down time" associated with microdermabrasion.

How many treatments do I need?

Your personalized regimen will be determined by the skin condition being treated and your desired results. The number of treatments can vary from 4 to 12, depending on the severity of your condition and treatment goals. Stretch marks and acne scars require the greatest number of treatments. Microdermabrasion treatments should be performed 7 to 10 days apart. It is vitally important that you adhere to the schedule that is developed for you. Waiting longer than 14 days between treatments can interfere with your progress. After your desired results have been achieved, it is recommended that there are maintenance treatments at least every three months.

What can I expect straight after the treatment?

You may experience some pink or slightly red areas, rather like a sunburn which should fade quickly. If you desire a treatment which leaves you with no redness at all, the technician can adjust the machine in order to give you a very light treatment. It is important to note that "redder is better" in the end in that it leads to enhanced dermal circulation and stimulation of collagen production within the dermis. The degree of redness you experience will be directly related to the amount of stimulation during the procedure. You may return to your normal activities immediately following the procedure. If you so desire, you may re-apply your make-up immediately after the procedure.

Can this replace laser treatment?

No. because microdermabrasion only treats the superficial layer of the skin. If the degree of wrinkling is such that laser resurfacing is needed, microdermabrasion may not give you the results you hope to achieve; however, microdermabrasion therapy may be recommended following laser to help maintain results and resolve resulting hyperpigmentation.

Does it get rid of sun spots or skin discolouration?

Yes., it can be very effective in improving unwanted pigmentation, sun damage and uneven skin colour and tone. In some cases the doctor may recommend a prescription product to enhance the results of microdermabrasion. Sun protection is essential when undergoing any skin rejuvenation treatments but it is especially important when treating skin discoloration disorders. A sun block will be required during and after the treatment.

How Soon Will You See Results?

Microdermabrasion is a progressive procedure which takes to achieve a desired result. You will definitely feel softer, smoother skin and may see subtle improvement after only one visit. You will see likely visible improvement after four treatments but it all depends on the condition being treated. The benefits continue to multiply with each additional treatment as increased circulation is noted within the dermis and newer, healthier skin cells are seen at the surface.

Your Dermatologist or Therapist can provide you with more information on whether Microdermabrasion is the right treatment for you. If you suffer from any chronic skin disorders you must please bring it to their attention.

PRE- AND POST TREATMENT GUIDELINES**Pre Treatment Guidelines**

- If you are using any skin care products containing Retin-A, Hydroquinone, or Glycolic Acid, you will want to stop using them 48 hours before your treatment. You may resume their use 24 hours after treatment.
- Stop exfoliation a week before your treatment
- Skin that has been overexposed to the sun and sunburned should not be treated.

Post Treatment Guidelines

Your microdermabrasion treatment has exposed new, vibrant, healthier skin. Right now, your skin is very receptive to nourishing, therapeutic products and gentle care. At the same time it is more vulnerable to irritation and damage.

First 48 Hours

Your skin has a greater need for soothing, nourishing products. You may find that you are sensitive to products that you usually use and tolerate well. The following is a partial list of "unfriendly" ingredients that must be avoided: artificial colour, artificial fragrance, SD alcohol, lanolin, propylene glycol, white petroleum, Octyl Methoxy Cinnamate or other chemical sunscreens.

First 72 Hours

The following are some therapeutic products and ingredients that should be avoided for the first three (3) days unless instructed otherwise by your doctor or technician: Retin-A, Renova, any retinol, alpha hydroxy acids (including glycolic acid), beta hydroxy acids, hydroquinone, benzoyl peroxide, enzyme peels or masques, any scrubs or exfoliating agents.

Daily Care

Remember – cleanse, moisturize and protect!

Before Next Treatment

If you are undergoing a series of microdermabrasion treatments, remember to discontinue Alpha Hydroxy Acids and Retinoid use at least three (3) days before your next appointment. It is strongly suggested that you do not have injections (collagen or Botox) 7-10 days before your treatment.