

GOLDCOAST medspa, LTD.
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PRE/POST Microdermabrasion/Dermaplaning

Pre Treatment Instructions

- Stop all use of Retin-A, retinols, glycolic acid, alpha and beta-hydroxy acids at least 3 days prior to treatment. Patients, who wear contacts, please bring what you need to remove them prior to treatment.
- Notify the Clinician if there has been any change in your medications or general health since your initial consultation.
- For men, please avoid shaving on the day of treatment.
- A history of herpes or cold sores may require a course of anti-viral medication pre and post treatment.

Post Treatment Instructions

- Avoid make-up for 24 hours. Refrain from hot and spicy foods for 24-48 hours.
- Please discontinue products containing any exfoliating agents (retinoic acid, tretinoin, retinol, benzoyl peroxide, glycolic acid, salicylic acid, astringents, etc.) 24-48 hours before treatment.
- Keep the skin well moisturized with a high quality moisturizer at least twice a day for the first week after treatment.
- Avoid direct sunlight and tanning beds. Use sunscreen with SPF 30 or higher.
- Avoid excessive heat, hot showers and exercise for 24 hours as internal heat can cause hyperpigmentation.
- Use cool water and gentle cleaners for 48 hours.
- Flaking and dryness is common and should resolve within one week. Do NOT ever pick loose or exfoliating skin as this may cause scarring or infection.
- Drink plenty of water.
- Redness should disappear in about 1 day. If it hasn't please notify GOLDCOAST medspa.
- If you continue to have a burning sensation, this can be treated with cool wet compresses.
- I have received a copy of these instructions, they were reviewed with me, and I had an opportunity to ask questions. Please do not hesitate to call if you have any questions.

Client Signature: _____ Date: _____

Consultant: _____ Date: _____

