

SPRINGFIELD ENT & FACIAL PLASTIC SURGERY
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Information Regarding Microdermabrasion

Microdermabrasion, also called *particle beam resurfacing*, is performed to improve the appearance of fine wrinkles, roughness, and uneven pigmentation of facial skin. It was first developed in Italy in 1987, became popular and widely used throughout Europe, and received FDA approval in the United States in 1996. It is a true, "lunch-time peel," because it is performed in the office without need for anesthesia and without any, "down time." Patients may resume normal activities and use of cosmetics immediately.

Goals of Microdermabrasion

Probably *the most important thing* is to understand what microdermabrasion *can* and *cannot* offer. It is an excellent method of treatment for fine wrinkles, superficial acne scars, and mildly uneven pigmentation. It can provide a more "freshened" appearance to the complexion. Subtle change should be expected over a series of treatments. Some patients with prominent wrinkles, deep acne scars, or other problems may require alternate treatments such as chemical peel, laser resurfacing, or surgery. These other techniques provide faster, more dramatic results but involve varying amounts of recuperation time.

How does Microdermabrasion Work?

A small hand piece is applied to the face, and the skin is held against a small opening in it by suction. A stream of aluminum oxide microcrystals flows through the hand piece and is directed against the skin, removing superficial skin cells. This is performed two or three times during each treatment, with the hand piece moving in a different direction to provide an even result. The eyelids and lips are not treated. Microdermabrasion removes the outer cell layers of the *stratum corneum*, which is most superficial layer of non-living skin cells of the epidermis. This outer layer of skin regenerates with enhanced cell turnover. Collagen growth and blood flow are also improved to create a fresher, rejuvenated complexion with decreased appearance of pigment and texture irregularities.

What is the Difference Between Microdermabrasion in a Physician's Office and a Salon / Spa?

Both physician and salon / spa microdermabrasion use the same technology. Many companies manufacture both medical and aesthetic grade microdermabraders. Physician devices are more powerful and can therefore offer more pronounced results in treating the skin.

What can be Treated with Microdermabrasion?

A significant advantage of microdermabrasion is that it can be performed on almost all types of skin, unlike chemical peels or laser resurfacing. As a much milder skin treatment, it carries very minimal risk of pigmentation changes or other problems. It is very suitable for treatment of:

- Patients with all skin types and pigmentation.
- Fine wrinkles and superficial acne scars.
- Useful for some patients who currently have acne because it can open clogged pores.
- Age and sun spots.
- Enlarged, prominent skin pores.
- Uneven skin pigmentation.
- Flaking and dry skin.
- Non-chemical alternative in patients with sensitivity to chemical peels, Retin-A, or other agents.
- In conjunction with other skin care regimens.

Conditions not Treated / Reasons to Postpone Microdermabrasion

- Widespread, active acne; this should be controlled with appropriate medical therapy.

Patient Initials _____

- Other skin conditions such as vitiligo, keloid formation, eczema, seborrhea, rosacea.
- Open viral lesions (herpes / fever blisters, shingles), other open sores, or warts.
- Vascular lesions (i.e. port – wine stains), telangiectasias (“spider” blood vessels), skin with fragile blood vessels
- Patients on anticoagulation therapy.
- Medical problems affecting the immune system such as HIV / AIDS or lupus.

On the Day of Your Microdermabrasion

- The procedure is performed in the office and takes approximately 30 minutes.
- There should be no discomfort and anesthetic is not required.
- The face is gently cleansed and allowed to dry.
- Microdermabrasion is then performed on the face and possibly the neck. The microdermabrasion hand piece is typically brought across the skin in vertical, horizontal, and diagonal directions to accomplish an even result.
- Afterward, any excess microcrystals are removed from the skin and a moisturizing agent applied.

What to expect with microdermabrasion

- **Redness** – Some redness occurs right after microdermabrasion. Normal skin color returns in about 30 – 40 minutes following typical treatment. On occasion, deeper microdermabrasion may be performed, with redness lasting several hours or up 1 – 2 days. Mild superficial swelling is normal and actually enhances the smoothed appearance.
- **Skin tightness** - for the first day, the skin may feel tight as if exposed to sun or wind.
- **Peeling of skin** – May occur 2 – 4 days after deeper microdermabrasion but is not typical. Peeling skin requires extra moisture. A non-irritating moisturizer should be applied several times per day. A *mildly* abrasive facial wash will help remove flaking of skin.
- **Sun Precautions** – treated areas are more susceptible to burning for the next week, and SPF 30 sunscreen should be used. Of course, daily use of a sunscreen is *strongly* encouraged as an integral part of one’s skin care regimen!
- **Makeup** – may be used immediately after treatment.
- **Skin Treatment Agents** – Do not use home treatments such as glycolic acid, alpha – hydroxyl acids, or Retin-A® for 3 days before or 3 days after microdermabrasion.

Typical Scheduled Appointments for Microdermabrasion

- Initial consultation at which time goals shall be discussed, evaluation completed, and plans made for treatment.
- Series of microdermabrasion treatments – typically six initial sessions are performed, each usually 7 – 10 days apart. Medical photographs shall be obtained before and after this series.
- Maintenance treatments – usually scheduled about every 6 weeks to maintain your result.

Risks and complications

Microdermabrasion is normally a *pleasant* and *extremely safe* type of facial treatment. However, any medical procedure involves some risk. Some of these include:

- **Pigmentation problems** - pigment changes or areas of uneven pigmentation.
- **Scarring** - due to adverse reaction or uneven healing from treatment.
- **Injury** - to structures near the treatment area, such as eye exposure to crystals.
- **Bruising** – or enlargement of facial telangiectasias.
- **Activation of fever blisters** – these are due to the herpes virus and can be activated by microdermabrasion as well as other trauma such as chemical peels or laser resurfacing.
- **Need for additional or other type of treatment**

Thank you again for the opportunity to participate in your health care! Please let us know how we may make your treatment experience more pleasant

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