

Microdermabrasion

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What is Microdermabrasion?

Microdermabrasion is a superficial exfoliation of the outer layer of skin. It removes dead skin cells and stimulates collagen formation, creating a smooth, more even appearing skin texture and tone.

How is Microdermabrasion performed? How does it work?

Using vacuum and sometimes positive pressure, the machine and the specially-designed hand-piece allows micro-fine crystals of aluminum oxide to pass over the skin. As the crystals make contact, they actually blast off a thin layer of the outer skin. 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. Magnesium oxide, sodium bicarbonate and sodium chloride crystals may also be used.

Is microdermabrasion safe?

Yes, very safe. This is a shallow depth treatment and is safe and effective for all skin types and conditions.

Is Microdermabrasion painful?

No, there is no pain during the procedure. During normal treatments, you will experience the sensation of vacuum suction and crystal particles making contact with your skin. Therefore, this should not be a painful experience. Sensitive areas around the eye and upper lip may feel mildly tender, but the therapist will adjust the machine in these areas to minimize discomfort.

What is Microdermabrasion used for?

- Hyperpigmentation
- Open pores and blackheads
- To even skin tone and texture
- To iron out fine wrinkle lines
- To resurface acne scars and other minor depressed scars
- Keratosis Pilaris – chronic inflammation of the skin surrounding the follicles
- Stretch marks may improve but they cannot be removed completely
- To obtain “glow” on the face by decreasing skin dullness associated with aging skin

Candidates for Microdermabrasion

Unlike traditional Dermabrasion, laser resurfacing or chemical peels, microdermabrasion is safe for men and women of all skin conditions and colors. The best candidate for microdermabrasion is one who wishes to improve the appearance of their skin and is willing to take an active role in protecting and maintaining the results. Microdermabrasion improves the overall appearance and tone of the skin; collagen production and circulation are improved; and the skin surface is smoother and looks healthier.

Does it clear acne?

Yes. It has been found to be very effective in both treating and preventing acne

Does it remove all scars?

Superficial scars may respond well to microdermabrasion. Results vary based on several factors such as the age of the scar, depth of the scar tissue, individual skin types, location and the care given to the area between treatments. Very deep scars may not respond well.

Can it help get rid of stretch marks?

Currently there are numerous practice and physicians in the country using this therapy for the treatment of stretch marks. There is as yet no perfect treatment for this condition. The consensus is that the newer the stretch mark, the better the response seems to be. In most cases, improvement is seen to some degree. A consultation would be recommended in order to better assess the degree of improvement that might be gained

Does it work on wrinkles?

Superficial fine lines and wrinkles respond well to microdermabrasion. Deep wrinkles or dynamic lines may be softened but cannot be completely resolved through microdermabrasion. Other treatment such as Botox injections, laser resurfacing and/or surgical facelifts may be necessary to achieve more dramatic results.

Does it get rid of sun spots or skin discoloration?

Yes, it can be very effective in removing unwanted pigmentation, sun damage and uneven skin color and tone. Sun protection is essential however when treating skin discoloration disorders. A sun block will be required during and after the treatment.

What are the Contraindications: Cautions: Alternatives:

- Keloids ● pregnancy ● glycolic peels
- Patients with lupus ● photo-rejuvenation
- Patients on certain acne medication (Retinoids)

Microdermabrasion is not used to treat:

- Skin cancers ● skin growths ● precancerous lesions

How long are treatments?

Depending on the area being treated, a typical microdermabrasion treatment takes ten to twenty minutes. Microdermabrasion is so convenient that it is commonly called “lunchtime treatment.”

How many treatments are needed?

The cumulative results of microdermabrasion are significant when repeated every week or two for six to sixteen weeks, depending on the individual and on the area(s) of skin treated. The regimen will be determined by the skin condition being treated and the desired results. Stretch marks and acne scars require the greatest number of treatments. Ideally, microdermabrasion treatments should be performed 7 to 10 days apart. Waiting longer than 14 days between treatments can interfere with results. After desired results have been achieved, maintenance treatments at least every three months is recommended.

Will I need time to recuperate?

No. This is a very mild and safe treatment and you may return to your normal activities immediately following the procedure. If you so desire, you may reapply your makeup immediately after the procedure. There is no recovery or “down time” associated with microdermabrasion.

How Soon Will You See Results?

Microdermabrasion is a progressive procedure. Skin definitely feels softer and smoother and subtle improvements are noted after the first visit. Visible improvement is seen after four treatments. 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 adding “glow” to the skin

Pre-treatment instructions:

- Avoid alpha hydroxy products 24hrs before treatment
- Refrain from tanning, waxing, chemical peels, and collagen injections two weeks prior to treatment.

Post procedure instruction:

- Avoid alpha hydroxy products for 48hrs after a treatment.
- Use a sunscreen or block with SPF of 30 or greater to protect the skin from UVA and UVB rays.
- Skin is typically dry and taut and it is important to properly cleanse and hydrate it for several days.
- Skin appears pink to red in color usually fading that same day
- During deeper microdermabrasion treatments the skin will be red and swollen for a day or two.
- If you develop cold sores frequently and you have been prescribed medication, use the medication throughout microdermabrasion treatments.

Before Next Treatment

If you are undergoing a series of microdermabrasion treatments, remember to discontinue AHA 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

Can this replace laser treatment?

No. If the degree of wrinkling is such that laser resurfacing is needed, microdermabrasion may not give the results one hopes to achieve; however, microdermabrasion therapy may be recommended following laser to help maintain results and resolve resulting hyperpigmentation.