

Microdermabrasion

What is Microdermabrasion?

Microdermabrasion is minimally invasive and works on sluffing off the top layer of skin and exfoliating dead cells. It helps stimulate the production of skin cells and collagen. Many people say it feels like mini-sanding and scrubbing. Microdermabrasion aids in the repair of facial skin that has acne, blemishes, fine lines and wrinkles, age spots, melasma, and sun damage, as well as minimizing the effects of aging.

The process of microdermabrasion allows for exfoliation and resurfacing of the skin. Our office uses a medical-grade, non-invasive device that circulates a diamond tip across the skin at high pressure.

Who is microdermabrasion for?

Microdermabrasion is considered a safe procedure for most skin types and colors. People might choose to get the procedure if they have the following skin concerns:

What are the uses and benefits of Microdermabrasion?

The goal of microdermabrasion is to make a person's complexion smoother, brighter, and more even in color.

People often request microdermabrasion to address the following:

- dullness in the complexion
- uneven skin tone and texture
- age spots
- dark spots that can form after acne clears up
- melasma, a common issue that creates dark spots or patches on the skin
- scars
- fine lines and wrinkles
- hyperpigmentation, age spots, and brown spots
- enlarged pores and blackheads
- acne and acne scars
- stretch marks

- dull-looking skin complexion
- uneven skin tone and texture
- melasma
- sun damage

How much does microdermabrasion cost?

Microdermabrasion is a cosmetic procedure; thus, it is not covered by Medical insurance. At Waters Edge Medical Clinic and Spa, we charge \$150 for the procedure. Discounts apply to multiple treatments.

What do I need to do to prepare for a treatment?

Microdermabrasion is a nonsurgical, minimally invasive procedure. There's very little you need to do to prepare for it.

We recommend avoiding sun exposure, tanning creams, and waxing for about a week before treatment. You may also be advised to stop using exfoliating creams and masks approximately 3 days prior to treatment.

Remove any makeup and cleanse your face before the procedure begins.

How does microdermabrasion work?

Microdermabrasion is an in-office procedure that usually takes about an hour. It's not necessary to use anesthesia or a numbing agent for microdermabrasion.

During your appointment, you will be placed comfortably on one of our aesthetic tables. Your provider will use a handheld device to gently spray on the particles or sand away the outer layer of skin in the targeted areas. We use a diamond-tip handpiece which is designed to exfoliate dead cells gently, and at the same time, it will suction them off immediately. The procedure is pleasant and comfortable. At the end of the treatment, a moisturizer and sunscreen will be applied to your skin.

What are the Side effects of microdermabrasion?

Common side effects of microdermabrasion include mild tenderness, swelling, and redness. These generally go away within a few hours after treatment.

Flaky and dry skin can occur after treatment. We will recommend skin care products, including a moisturizer and sunscreen. Minor bruising may also occur. This is mostly caused by the suction process during the treatment.

What to expect after microdermabrasion?

There is little to no downtime after microdermabrasion. You should be able to resume your daily activities immediately. In fact, your skin will look brighter and feel soft and fresh.

We recommend you keep your skin hydrated and use gentle skin care products. Avoid using topical acne medications for at least one day after treatment. It's extremely important to protect your skin with sunscreen. Your skin can be more sensitive to the sun in the few weeks after the treatment.

You can expect to see noticeable results immediately after the procedure. The number of microdermabrasion sessions needed will depend on the severity of your skin concerns and your expectations.

We will help design a plan for the initial number of sessions, as well as periodic maintenance treatments.

People can have treatments weekly, every 2 weeks, or monthly, depending on their skin type and the reason for treatment.

Most people request microdermabrasion to rejuvenate the complexion of the face and neck, but a specialist can perform the procedure on any area of the skin.

What are the next steps?

If you are interested in learning more about our treatments and would like to see which facial treatment would be most effective for your skin type. Schedule a free consultation and facial analysis with us.