

Both microdermabrasion and hydrodermabrasion exfoliate the skin and temporarily increase sensitivity. Proper aftercare helps protect the skin barrier, prevent irritation, and maximise your results.

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## Immediately After Treatment (First 24 Hours)

### What your skin is doing:

The outer layer of dead skin has been removed, leaving fresh skin exposed. This improves absorption but also increases sensitivity.

### What you may experience:

- Mild redness
- Slight sensitivity or tightness
- A “fresh” or polished feeling to the skin

### Care instructions:

- Keep skincare simple and gentle
- Use a mild, non-active cleanser
- Apply a hydrating serum and moisturiser
- Use a clean pillowcase

### Avoid:

- Makeup for at least 12–24 hours (especially after microdermabrasion)
  - Touching or picking the skin
  - Heat (hot showers, saunas, steam rooms)
  - Exercise that causes sweating (first 24 hours)
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## Days 1–3 (Post-Exfoliation Phase)

### What your skin is doing:

Your skin is adjusting after exfoliation and continuing its natural renewal process.

### What you may experience:

- Mild dryness or tightness
- Slight flaking (more common after microdermabrasion)

If you have any questions or concerns please contact us 0432 027 890

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- Increased sensitivity to products

#### Care instructions:

- Focus on hydration (hyaluronic acid, calming serums)
  - Use a barrier-supporting moisturiser
  - Cleanse gently twice daily
  - Avoid introducing new or active products
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## Sun Protection (Essential)

After exfoliation, your skin is more vulnerable to UV damage.

- Apply a broad-spectrum SPF 30 or higher daily
- Reapply if outdoors
- Avoid prolonged sun exposure

Sun protection is critical to prevent pigmentation and maintain results.

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## What to Avoid (First 2–3 Days)

- Retinol or Vitamin A
  - AHAs, BHAs, and exfoliating acids
  - Physical scrubs or exfoliants
  - Vitamin C (if skin is sensitive)
  - Spray tans or self-tanning products on the face
  - Swimming pools or ocean (first 24–48 hours)
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## When to Resume Normal Skincare

- Gentle routines can continue immediately
  - Active ingredients can usually be reintroduced after **2–3 days**, once the skin feels calm and normal
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## Expected Results Timeline

- Immediate: smoother, brighter skin
  - 1–3 days: improved hydration and clarity
  - Ongoing: best results with regular treatments
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## Long-Term Care for Best Results

- Maintain a consistent skincare routine
  - Stay hydrated
  - Use SPF daily
  - Schedule regular treatments as recommended
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## Important Notes

- Do not over-exfoliate between treatments
  - Avoid picking or scrubbing the skin
  - If irritation persists beyond a few days, contact your clinician
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## Final Advice

Both microdermabrasion and hydrodermabrasion leave your skin fresh, clean, and more receptive. Supporting your skin with gentle care, hydration, and sun protection will ensure optimal results and maintain healthy skin over time.

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