



## MICRODERMABRASION

**Kathleen W. Judge, M.D.**

*Medical Director*

*Diplomate American Board of Dermatology  
Dermatology and Dermatologic Surgery*

### What does it do?

Microdermabrasion is used to minimize the appearance of scarring, fine lines, wrinkles, pigmentation problems, uneven skin tones, and dull, lifeless, sun-damaged skin in all skin types.

### How does it work?

It is the most natural, non-invasive way to exfoliate the skin without the use of lasers or chemicals. It utilizes the gentle action of crystals and stimulating vacuum pressure to resurface superficial layers of the skin. The depth of penetration can be easily adjusted to customize the treatment to your needs.

### How many treatments are needed for maximal results?

Four to six treatments are necessary for maximum results. Treatments can be performed every three weeks.

### How long does it take to see results?

Your skin will feel smoother and silkier after your first treatment.

### How long do results last?

The results can last an indefinite amount of time when used with proper skin care treatment and sun protection. Many patients incorporate regular microdermabrasion treatments into their skin care maintenance regimen.

### Is it painful?

Initially, a mild scratching sensation may be felt.

### Is there any downtime afterwards?

There is no downtime required. The skin may be a little red for 30 minutes to 1 day after the procedure depending upon the aggressiveness of the program.

### Who cannot have this procedure?

Patients with open skin lesions or those who have taken accutane in the last two months should delay treatment.