

WHAT IS MICRODERMABRASION?

Microdermabrasion (often referred to as Microderm) is a family of cosmetic procedures popular in spas, doctors' practices, and medical spas in which the stratum corneum (dead outermost surface of the skin) is partially or completely removed by light abrasion, to improve many unwanted skin conditions such as; sun-damaged skin, acne, acne scars and dark spots, or Melasma. It also helps to moisturize and improve fine lines, wrinkles and blotchy skin.



The procedure is not painful, requires no anesthetic and typically takes 30 minutes to complete. Microdermabrasion can be used medically for scar improvement, when the scar is raised above the surrounding skin, but is less effective with sunken scars. There is very little, if any, evidence that microdermabrasion stimulates collagen formation. Microdermabrasion can also be used for treatment of acne, but must be repeated periodically to be effective. Most practitioners recommend getting monthly treatment sessions. Microdermabrasion should not be used on patients who have taken the medication Accutane in the previous twelve months.

Different methods include mechanical abrasion from jets of zinc oxide or aluminum oxide crystals, fine organic particles, or a roughened (Diamond) surface. Particles are removed with a wand/hand piece, by suction, through which the abrasive particles come. The term *dermabrasion* itself refers to the more severe medical procedure carried out under general or light anesthesia.

Methods

In the past, microdermabrasion was carried out using abrasive crystals. However, in the last decade, it has become more common to use a wand with a roughened, or diamond, surface. There are many different types of machines, some of which can only be purchased by a Medical Doctor (MD) and used only by medical professionals due to the higher and wider range of settings available. However, while there is a multiplicity of machines available for performing this procedure, the results of their use are not consistent or standard in the industry. The key factor in achieving the desired results is having the treatment performed by a qualified medical professional. Before purchasing any series of sessions, you should consider whether or not this procedure will achieve the results you want. It is critical that the technician properly analyze the skin prior to commencing with a microdermabrasion treatment. This will determine the proper settings, depth, and number of treatments in order to achieve the desired and realistic results.

The growth of the microdermabrasion treatment industry has led to innovations and there are currently a few different microdermabrasion methods available.

Multiple professional microdermabrasion methods exist:

Crystal microdermabrasion

Crystal microdermabrasion systems are the traditional treatment of choice and rely on tiny crystals that are blasted onto the skin to perform the exfoliating process. Although the crystal microdermabrasion system is still widely used, the introduction of alternatives has led to a trend away from this treatment system. This method tends to be most inconvenient method as the crystals get everywhere, including the patient's eyes, nose, mouth, etc.

Diamond microdermabrasion

The exfoliation process occurs when a diamond tipped head makes contact with the skin and abrades against it (diamond microdermabrasion machine). With both conventional crystal and diamond microdermabrasion systems the dead skin cells are withdrawn away from the face. This method takes microdermabrasion to the next level and offers a gentler way to achieve Microdermabrasion. This crystal-free method offers many different levels of treatments.

Microderm with Dermal-infusion

Your skin care professional will choose one or more of available specialized treatment serums, formulated to address a variety of skin conditions. This infuses these products deep into the skin where they are most effective. The solution doesn't just sit on top of your skin like a lotion or cream would, instead the hand piece deeply delivers the vitamins, antioxidants and other therapeutic ingredients that your skin needs most. The formulations absorb down to where they will be most effective in brightening, clarifying, and hydrating your skin. Dermal-infusion optimizes the benefits of exfoliation and the effects of the serums without the often uncomfortable and painful effects that people experience with most peels. If you have more than one skin condition that you would like to address, your practitioner may choose to pair multiple serums together, providing you with a customized regimen that completely targets your skin's individual needs. The infusion of patient specific topical solutions combined with effective abrasion allows many different conditions to be addressed.

How long will the Microdermabrasion treatment take?

The Microdermabrasion treatment will take approximately 30-40 minutes depending on the skin condition, the area to be treated and the desired outcome. A facial will follow that includes: an AHA Peel, Extractions, Anti-Inflammatory Mask, LED Light/High Frequency, Rehydration, and Sunscreen (Total Time:1hr)

How many Microdermabrasion Facial treatments are required?

The number of treatments will be determined when the consultation takes place on the initial treatment. Some clients may only need one treatment for that special occasion such as a wedding or party or a special treat, others may need a course of six to ten treatments, usually every 4-6 weeks, for problematic skin.