

Patient Consultation and Expectation

The importance of the consultation with your patient cannot be emphasised enough. This is where you, the professional, determine if the patient is a suitable candidate and if the concerns raised by the client can truly be addressed by microdermabrasion. It is important that the client's expectations are realistic. Ensure that the contraindications are thoroughly checked and all relevant consent forms have been signed.

Microdermabrasion should be performed in a progressive, rather than aggressive, manner. Optimum results are obtained through a series of treatments, typically 4 to 8 treatments, spaced 10 to 14 days apart. There is virtually no healing time required with microdermabrasion, as the rebuilding of the stratum corneum is rapid. The average time for a complete cell regeneration and upward migration is 4-5 weeks. At the end of that time, your clients should see significant results. You should also advise the need for maintenance treatments every 4-6 weeks.

Microdermabrasion is a progressive approach, so initial treatments should be performed more conservatively, allowing you to monitor client's reaction. The level of exfoliation is controlled through vacuum, crystal flow and number of passes. More aggressive treatments can be performed when you are more familiar with the client's response, progress and needs. Certain indications may require more aggressive approaches, using higher settings or an increased number of passes to address localised areas of skin imperfection.

During the consultation it is important that the patient understands that a specific homecare regime will be advised to achieve maximum results.

Post Microdermabrasion Protocol

The skin may possibly appear slightly red, 24-48 hours after the treatment. Advised homecare should be retained for post procedure use to eliminate any discomfort or warmth in the skin. SPF 25 or higher should be applied every morning to prevent sun damage (even on cloudy days).

Flakiness may be experienced 3-5 days after treatment.

Avoid any heat treatments for 24-48 hours after the microdermabrasion, e.g. direct sun exposure, sun beds, sauna, hot baths and vigorous exercise.

Combining Treatments

Microdermabrasion can be successfully combined with alternative facial treatments. Skin Peels, micro-needling and IPL photo rejuvenation will help to target different layers of the skin promoting faster rejuvenation and exfoliation of the skin cells.

By combining treatments different conditions and problems within the skin can be dealt with. Once a client is tolerant to microdermabrasion and skin peels as individual treatments, they can then be combined at the same time on the same day to maximise and enhance results.

IPL treatments will need to be performed 2 weeks prior to or post microdermabrasion.

Microdermabrasion Treatment Consent Form

Title	Name	Date of birth ___/___/___
Address		
Email		
Do you consent to us taking before and after photographs? Yes/No delete as applicable	Do you consent to us using these for promotional purposes? Yes/No delete as applicable	
Past history	Additional information	
Pregnancy	Date of LMP ___/___/___	Allergy

Information

Prior to receiving this treatment, I have been candid in revealing any condition that may have a bearing on this procedure, such as, pregnancy, recent facial peels or surgery, allergies, tendencies to cold sores and fever blisters, use of Retin-A, prescription creams or supplements.

I understand that if I am under the age of 16 and am not competent to give consent to treatment then it must be given by a parent/guardian. It is recommended that consent is also obtained from my GP prior to treatment.

I understand there may be some degree of minor discomfort, i.e., scratchiness, itchiness at time of treatment.

I understand there are no guarantees to this procedure.

I understand that to achieve maximum results, I will need several ongoing treatments and use the recommended products over a period of time to further the effects.

I understand that the possibility of irritation and redness exists and that I should notify my skin care professional when irritation persists.

I will follow the home care programme specifically designed for me without changing or adding any products without consulting with my skin care professional.

I agree to all the above and to have this treatment performed on me. I will follow all prescribed directions regarding post microdermabrasion care.

Medical Notes

--

Patient _____

Date _____

Parent/guardian _____

Date _____

Doctor _____

Date _____