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Microdermabrasion

What it is

Microdermabrasion is a minimally invasive method for smoothing your skin. It is not dermabrasion or "sanding" which is highly invasive. It is synonymous with a "power peel". Microdermabrasion uses a combination of particles and suction. These particles which are salt crystals gently abrade your skin. This process can create beneficial changes in the top layer of your skin which will result in a decrease in blotchiness, and smooth out fine wrinkles and shallow acne scars. Your skin will feel smoother. It results in a mild to moderate rejuvenation of the skin. In many ways, it is similar to a chemical peel, but is easier to tolerate, and can be more easily customized to your specific needs. Treatments are generally performed every other week. Most patients require 4-10 treatments to achieve their desired results. Microdermabrasion can be used for the following conditions:

- ◆ Age spots
- ◆ Oily skin
- ◆ Sun damaged skin
- ◆ Fine wrinkles
- ◆ Shallow acne scars
- ◆ Some forms of acne
- ◆ Stretch marks

What to Expect

At Stanford, an experienced Registered Nurse will perform your microdermabrasion. You do not need any type of anesthesia. We recommend that you do not have the treatment if you have a sunburn or any type of rash since your skin will already be irritated, and the treatment may only cause further inflammation. You will be asked to wear a small pair of goggles to protect your eyes. Your entire face will be treated. You will feel the suction and the crystals scrape against your skin. Patients tolerate it well, and most often describe their skin as being "refreshed" after the treatment. Following the treatment, you should rinse your face with luke warm water. We will provide you with a moisturizer to put on your face following the rinse.

Post Procedure Care

For the first 2-3 days, your treated skin may be slightly more sensitive than usual. Using a non-comedogenic moisturizer will reduce this sensitivity. You should avoid excessive sun exposure during the first 2-3 days following treatment. You may resume your normal activities following the treatment.

Risks

While microdermabrasion is minimally invasive, there is a very small chance of hyperpigmentation or hypopigmentation (dark or light spots). These pigmentation changes may take several months to resolve. For hyperpigmentation, we can prescribe a bleaching agent. There is an even smaller risk for scarring. For patients who have darker skin, these risks increase—however there have been a number of studies demonstrating that microdermabrasion is safe for darker skinned patients.