

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Treatment: Microdermabrasion Exfoliation

Aftercare Instructions & Discharge Summary

Dear [Patient Name],

Thank you for choosing our clinic for your microdermabrasion treatment. To ensure the best results and a smooth recovery, please follow these post-treatment instructions:

Immediate Care

- Keep the treated area clean and hydrated.
- Apply a gentle, non-fragranced moisturizer frequently.
- Avoid touching, picking, or scratching the treated skin.

Sun Protection

- Your skin will be highly sensitive to UV rays. Apply a broad-spectrum SPF 30+ sunscreen daily.
- Avoid direct sun exposure and tanning beds for at least 7 to 10 days.

Activities to Avoid (Next 48-72 Hours)

- Avoid strenuous exercise, saunas, and steam rooms.
- Do not use exfoliating scrubs, Retin-A, glycolic acids, or harsh chemicals.
- Avoid swimming in chlorinated pools.

What to Expect

It is normal to experience mild redness (similar to a light sunburn) and slight skin tightness. Some light flaking may occur within 3 to 5 days as the skin regenerates.

Follow-Up

Your next appointment is scheduled for: [Insert Date/Time].

If you experience extreme swelling, blistering, or signs of infection, please contact us immediately at [Insert Phone Number].

Sincerely,

[Practitioner Name]

[Clinic Name]