



## PERLIS WELLNESS CENTER

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### Microdermabrasion

#### **Description of treatment:**

Microdermabrasion is an effective treatment to create more youthful healthy skin. This non-invasive treatment is most often performed on the face, chest and hands to improve the pigmentation (brown areas) and texture (fine lines) of the skin. Depending on your skin care goals, a series of microdermabrasion may be recommended. There is minimal downtime and minimal discomfort and risk. It is the perfect treatment for those wanting a brighter complexion while still enjoying their regular daily activities. Microdermabrasion can also be used to prep the skin prior to a Photo-rejuvenation or chemical peel treatment for a deeper treatment and better results.

#### **What is the treatment like? How does it feel?**

Treatments are approximately 15-60 minutes depending on the treatment area. Your skin will be cleansed prior to beginning the treatment. A wand will gently be applied to the treatment area and glided along the skin. This movement will create a vibrational sensation and light suction. Although the treatment is mildly uncomfortable, this feeling only lasts during the treatment process. Once complete, the skin will feel smooth and appear warm like a blushing sensation. Your skin will be cleansed again and skincare will be applied. Sunblock will also be applied, as you will be sun sensitive. You may apply makeup immediately following and go about your regular daily activities, avoiding excessive sun exposure.

#### **How does the treatment work?**

As the device is applied to the skin, the vibration of the hand piece manually sloughs away the outer dead cells of the skin. The action causes a removal of the outer layers of the skin and stimulates the natural skin cycle to occur at a faster rate, exposing fresher skin on the surface. In some cases the skin will shed or flake for a few days following treatment (please do not pick at these areas during this process to avoid scarring). The brown pigments (melanocytes) will blend in color as they surface. The day of the treatment and over the couple weeks following treatment, the skin complexion will gradually appear more even, brighter and firmer, reflecting more light due to its smoother surface. Treatments are generally recommended in a series of 3-6 sessions, performed 2-4 weeks apart for optimal results. Some clients may require more treatments.

#### **What skin features can the treatment improve?**

The equipment that we use can improve:

- Brown Spots (Sun Spots or Solar Lentigos)
- Hyperpigmentation
- Fine Lines
- Post-inflammatory Pigmentation
- Minor textural irregularities

There may also be temporary improvement in:

- Melasma

This condition requires maintenance treatments and topical therapy to reduce recurrence of condition.



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### **Where on the face and body can the treatments be performed?**

Microdermabrasion is most commonly performed on the face, neck, chest, back and hands although it can be done on arms and legs as well.

### **What is the pre-treatment care?**

Please follow the recommended skincare regimen as directed by your Consultation Coordinator or Provider.

It is most important to make sure that the treatment area is not exposed to the sun for 2 weeks prior to treatment. This includes tanning beds, self-tanners and any pigment enhancing process for the skin. Sun exposure will make the skin sensitive, which increases risk for potential side effects. Daily use of sunblock with SPF30 or higher will assist in reducing sun exposure, but will not do enough if you are regularly outside. If your skin is tan at the time of treatment, or if you had recent exposure to the sun (ie: watching a soccer game, baseball game), your provider will delay your treatment to a later date to reduce risk of side effects.

### **What is the post-treatment care?**

Please follow the recommended skincare regimen as directed by your Consultation Coordinator or Provider. Additionally, avoid sun exposure for two weeks following each treatment as you will be more sun sensitive and could compromise the results of the treatment.

### **Who are the best candidates?**

The best candidates for this procedure are those with early signs of sun damage and aging skin who desire a healthier, more youthful appearance. Those candidates should also have realistic expectations and be committed to improving their skin and maintaining results under the direction of a skincare professional. Please note this procedure is not recommended for pregnant women or for individuals with moderate to severe acne or rosacea.

### **Can all skin types be treated?**

All skin types can be treated with this technology.

### **What results are expected?**

With a series of 3-6 treatments, proper sun exposure and skin care, one should expect an overall improvement in the appearance of their skin, including a lighter more even complexion and smoother texture, with a bright, firm appearance.

### **When can you expect the results?**

Results gradually develop with each treatment while textural improvement can occur for a few months following treatment. It is important to not pick at the skin during the desquamation (sloughing) process of the skin to avoid scarring.

After treatment, the skin will continue to age. It is important to follow a healthy skin care regimen to prevent new damage in addition to receiving facials and mild peels to maintain results. Please consult with your Consultation Coordinator or Provider for the best effective plan for your skin care goals.



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### **What are things to consider in choosing to have this treatment? Are there potential risks or side effects?**

Some clients experience a slight discomfort with the treatment, similar to a gentle, light scratching or buzzing vibration on the skin. This sensation does not continue after treatment. There is minimal if any downtime with each treatment, although side effects are possible.

With any microdermabrasion, there are potential side effects. Minimizing sun exposure before and after treatment minimizes risk of side effects. There are also certain medications and supplements that can cause you to be more sensitive and could affect the results of the treatment. You must advise your Consultation Coordinator and Provider of any changes in medical history. Side effects can include:

- erythema (or redness/flushing) of the skin for up to 48 hours following treatment
- edema (mild swelling)
- peeling and flaking
- hypo (light) and hyper (dark) pigmentation
- blisters, which if treated improperly can lead to infection and scars
- striping (a pattern of irregularly treated skin) which generally resolves with consecutive treatments
- mild bruising
- cold sores (if you are already prone to Herpes Simplex Virus in the treated area)
- tenderness to touch

### **Why should I receive this treatment from Perlís Wellness Center?**

You should receive treatments from Perlís Wellness Center for multiple reasons. We have highly skilled professionals with excellent client satisfaction. We are very cautious with treatments taking all necessary steps to ensure safety and efficacy. We pride ourselves in our client services, creating relationships that make our clients our number one referral source. We are under the medical direction of Dr. Cheryl Perlis.

### **How much does the treatment cost?**

The cost of Microdermabrasion varies depending on type and on treatment area. Treatment packages are available for additional treatment savings. A specific cost will be provided to you in your one-on-one Consultation.

We incentivize our esthetic clients with our Client Referral Program where you will gain points to use towards esthetic treatments. Refer to our Client Referral Program to learn more about how you can earn greater rewards.