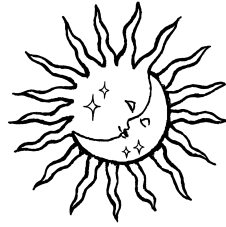


FOR HAPPY +  
HEALTHY SKIN.



Sarah Moon  
*facial studio*

Please review the following Pre and Post Treatment Guidance to ensure the best results possible.

## DermaDisc Pre & Post Care Guide

### **About the Treatment**

DermaDisc is a gentle resurfacing tool that uses a fine, natural diamond tip to exfoliate the skin. It smooths texture, boosts product absorption, and can be paired with other treatments for enhanced results. Most clients experience little to no downtime, though temporary redness or sensitivity may occur.

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### Pre-Care Guidelines

For best results and to minimize risk, please:

- Avoid sunburn, tanning, or excessive sun exposure for at least 3 days before treatment
  - Discontinue retinoids, hydroquinone, benzoyl peroxide, or exfoliating acids (AHA, BHA, etc.) for at least 48 hours before treatment
  - Do not wax or tweeze the treatment area within 7 days prior
  - Avoid shaving the treatment area within 24 hours prior
  - Avoid chemical peels or laser treatments within 14 days prior
  - Inform your esthetician if you are pregnant, lactating, on Accutane (within 6 months), undergoing chemotherapy or radiation, or have active skin conditions such as cold sores, eczema, psoriasis, rosacea, or inflamed acne
  - Disclose all allergies, medications, and recent changes to your health history
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### Post-Care Guidelines

After your treatment, your skin may feel tight, dry, or slightly rough—similar to a mild sunburn. These effects are temporary and should resolve within 1–72 hours. To support healing:

- Apply a gentle moisturizer regularly to keep skin hydrated
  - Use sunscreen (SPF 30+) daily and avoid direct sun exposure, especially between 10am–2pm
  - Avoid tanning, sunburn, or prolonged heat exposure (hot showers, saunas, steam) for at least 48 hours
  - Avoid retinoids, hydroquinone, benzoyl peroxide, exfoliating acids, waxing, tweezing, shaving, or aggressive exfoliation for at least 48 hours (or longer if advised)
  - Do not pick, scratch, or rub the skin, even if flaking occurs
  - Use only the homecare products recommended by your esthetician for the first 3–5 days post-treatment
  - If your skin feels inflamed or irritated, apply a bland, petrolatum-based product as recommended
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## What to Expect

- Temporary redness, tightness, or mild swelling is normal and usually resolves within 1–3 days
  - Slight flaking or rough texture may occur as the skin renews
  - When paired with other treatments (like enzymes or chemical peels), the skin may feel more sensitive and results may be more intense
  - If paired with Linder Health Chemical Peel, please see the studio's Chemical Peel Guidance for specific care.
  - Multiple treatments are often needed for best results, ideally spaced 4–6 weeks apart
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## When to Contact Us

Please reach out if you experience:

- Prolonged or increasing redness or swelling lasting more than 72 hours
- Signs of infection (increased warmth, pus, spreading redness)

\* Severe allergic reaction (hives, difficulty breathing) — call 911

**See you soon!**

Questions?  
Reply to this email!

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In the event of an emergency, please contact 911.

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