

PIMA DERMATOLOGY

ADULT / PEDIATRIC / COSMETIC / LASER & SKIN SURGERY

Microdermabrasion / DiamondTome Microdermabrasion

Microdermabrasion

Microdermabrasion is a cosmetic technique that uses a mechanical medium for exfoliation to remove the outermost layer of dead skin cells from the skin's surface. Similar to traditional Dermabrasion, Microdermabrasion can provide substantial improvement in irregular skin tones, aged and sun-damaged skin. Using this technique, a mechanical device without crystals is used to precisely and superficially peel the skin surface. The main advantage of this technique is that it is gentle and requires no significant change in usual activities. The best results typically require multiple treatment sessions. The most outstanding system for Microdermabrasion is the DiamondTome Microdermabrasion system, which requires no crystals to create the abrasive action.

Frequently Asked Questions

What skin conditions are most effectively treated by Microdermabrasion?

Microdermabrasion is beneficial for the treatment of superficial wrinkles and fine lines, especially on the upper lip and crow's feet area at the corner of the eyes. Treatment of the cheeks and forehead will soften the appearance of fine wrinkles while simultaneously improving the blotchy, irregular skin color and brown spots that commonly appear with age. These superficial skin peels can result in a softer, smoother and more youthful appearance.

What conditions are not suitable for Microdermabrasion?

While the DiamondTome Microdermabrasion is typically beneficial for improving the appearance of fine lines and superficial wrinkles, it is often not useful for treating deep wrinkles, prominent smile or frown lines, or lines that develop from repeated facial motion. Deep scars from trauma, ice pick acne scars, and enlarged skin pores do not respond well to Microdermabrasion.

What are the advantages of DiamondTome Microdermabrasion?

The DiamondTome Microdermabrasion provides a safe, precise, controllable and selective mechanical peel of the skin surface. The risks, side effects and complications seen with traditional Dermabrasion and Laser Skin Resurfacing are avoided with this technique. The controlled peeling and rapid healing that follows Microdermabrasion promotes renewal of skin surface cells and stimulates the production of collagen and elastin within the deeper portions of the skin. Treatment is possible with minimal postoperative care and few restrictions on normal work or social activities.

How does the DiamondTome Microdermabrasion work?

The DiamondTome Microdermabrasion delivers a controlled, mechanized exfoliation of the uppermost, scaly, surface skin layer. Treatment typically lasts 15 – 20 minutes. There is a vacuum-like action which can create some mild inflammation to deeper dermal skin layers, which helps to stimulate new collagen formation. While the effects are very modest with one treatment, more improvement will occur with multiple treatments. We can adjust and tailor the power of the peel according to your skin type and individual needs. We can also combine the peel with your home skin care program and other in-office (no downtime) procedures, such as light Glycolic Peels or Laser treatments.

Please see reverse side of page.

What must be done before proceeding with Microdermabrasion?

A thorough evaluation of each patient is performed before the procedure to review past medical history (i.e., history of recurrent cold sores), overall health, current use of medications, and allergies. The medical evaluation will also help determine the appropriateness of Microdermabrasion for each patient's specific needs and establish realistic outcome expectations. The visit will also outline the necessary pretreatment precautions (i.e., discontinuing Retin-A).

How often is Microdermabrasion performed?

Typically the DiamondTome Microdermabrasion procedure is performed at 14 – 28 day intervals. The actual number of procedures may vary from 5 to 10 treatments, depending on the nature of the individual patient's area(s) of concern, his/her personal goals and the response to treatment. To provide continuous long-lasting improvement, it may be beneficial to have a maintenance treatment every one or two months.

Does the procedure hurt?

The DiamondTome Microdermabrasion is usually painless, with minimal discomfort. In addition, there is usually little, if any immediate evidence that the procedure was performed. This feature makes the DiamondTome Microdermabrasion an ideal procedure for active patients who want to avoid the relatively long recuperative time required with deep Chemical Peels or Laser Skin Resurfacing.

What happens after the procedure?

Immediately after the DiamondTome Microdermabrasion treatment, any residual skin debris is brushed off. The area is then rinsed and dried and a moisturizing sunscreen is applied. The skin may be slightly red and sensitive.

Summary:

Benefits of the DiamondTome Microdermabrasion:

- Causes minimal discomfort (a temporary "wind-burn" sensation)
- No recovery time (return immediately to your daily activities)
- Can be performed quickly (15 – 20 minutes)
- Requires no anesthesia
- Works well with all skin tones

Conditions Treatable with Microdermabrasion:

- Fine lines and wrinkles
- Age spots/superficial pigmentation
- General exfoliation/rejuvenation
- Post-traumatic pigmentation

Please call **520.795.7729** to schedule an appointment.
Please visit our website at **www.pimaderm.com** for more information.