

Is microdermabrasion right for you?

Understanding microdermabrasion with Dr Naomi Dolly



with board-certified dermatologist Dr Naomi Dolly of Retouched by ND, a dermatology clinic. She has been performing this skin treatment successfully at her office for the past four years. It is one of her favourite procedures as it has a wide application and almost anyone can be a candidate.

Here are some important facts on microdermabrasion which, according to Dr. Dolly, you should consider before booking a session to get the procedure done.

What are the benefits of microdermabrasion?

Microdermabrasion has various benefits for the skin. It can improve age spots, blackheads (comedones), acne and hyperpigmentation. It is known for its ability to exfoliate the skin that results in a refreshed appearance. It is also perfect if you want to lessen the appearance of stretch marks, reduce fine lines and wrinkles or eliminate enlarged pores.

How does the treatment work?



Many physicians and aestheticians have been using a variety of facial resurfacing techniques to improve the appearance of the skin. Many women are reaching out with concerns about their skin quality, age spots, fine lines, and scarring which, in fact, can be addressed by resurfacing the skin at various depths and promoting skin healing. Microdermabrasion is one of those treatments, and is now being commonly sought after. It is a non-invasive treatment that uses crystals or an abrasive instrument to gently sand the skin, removing the thicker, uneven outer layer. Think of it almost like a treat for your skin to help obtain a fresh, young-looking glow, as this treatment naturally speeds up the skin's cycle.

Most women, when they hear the term "microdermabrasion" for the first time, automatically think "dermabrasion" and assume this is a harsh, painful procedure that probably involves the scraping of the skin. Right? Actually, as painful as it may sound, it is quite the opposite and can give your skin a more youthful appearance. This effective treatment offers both the short and long-term results for which many yearn. There's a lot that can be said on the microdermabrasion procedure, and to help us understand as much as we can, we connected

The treatment first starts with the cleansing of the face, so that it is free of all superficial oils and debris. Eye shields and headbands are then placed onto the patient to protect them from any loose crystals. The tip of the instrument is then chosen for the patient. It may be free flowing crystals or a diamond tip. The first option works in two parts where highly pressurized crystals are fired against the skin to exfoliate it while a vacuum sucks away the dead skin cells, impurities and debris. The second option is a diamond tip that is simply drawn across the skin to exfoliate it. This tip is solid with no crystals. Once the appropriate tip is decided on, it is glided multiple times over sectioned-off portions of the face, so that no area is left out. Once the process is complete a mask is applied to help cool the area and add extra moisture. You are then able to walk out of the procedure and continue all your daily tasks looking rejuvenated.

Who is eligible for microdermabrasion and who isn't?

Microdermabrasion is suitable for all skin types, colours, and genders, and will not cause scarring or colour changes. Anyone is able to receive one for simple maintenance of their beautiful skin. We would only advise people who have had extended sun exposure to wait about two to four weeks before



getting such a procedure done, as their skin is likely to be sensitive. It is particularly useful for pregnant patients who often have to avoid many treatments.

How often do you need microdermabrasion?

Once you've decided to try microdermabrasion, it is recommended that you get this procedure done every two to four weeks until you see best results.

What is the aftercare like?

The aftercare is minimal; you would have to ensure that your skin stays hydrated and that you use only gentle skin care products. You will have to avoid using topical acne medications for a few days after treatment. It's extremely important to protect your skin with sunscreen, and stay away from direct sun exposure as your skin can be more sensitive to the sun in the few weeks after the treatment.

What are the limitations of microdermabrasion?

Microdermabrasion has its limitations, as it is designed for minor imperfections and general improvement.

It will not be able to treat severe cystic acne on its own, and it can cause more irritation on inflamed acne.

It won't significantly improve well formed acne scars, as these are much deeper than the surface of the skin.

It won't flatten hypertrophic or acne scars (the raised and firm type of acne scars); it can make them worse.

It cannot be used on its own for an anti-ageing treatment as it will not eliminate all lines and wrinkles or tighten the skin.



Photos | All photos are of patients of Retouched by ND dermatology clinic

