



BELA MD

DIAMOND MICRODERMABRASION WITH SERUM INFUSION

RECOMMENDATIONS AFTER YOUR TREATMENT

Congratulations! You have just completed your BELA MD treatment. Here are our recommendations to follow for the next two weeks. If you have any questions or concerns, do not hesitate to contact us. We are here to help you.

- **Keep your skin well hydrated** with an appropriate cream for your skin type. We will assist you to establish a post-treatment protocol adapted to your needs.
- Please **avoid direct sun exposure , hot tubs and saunas** 3 days following your treatment, or until all redness resolves. We recommend using a sun protection SPF 50+.
- Please avoid using skin care **products with inflammatory or exfoliating effect** for 3 days following your treatment : retinoids, vitamin A and C, hydroquinone, benzoyl peroxide, alcohol, and any other type of cream containing an acid.
- We advise you to **avoid any manipulation of your skin** during the healing time. Minor itching, redness, and dryness of the skin may occur following treatment. Please contact us if symptoms worsen within 48-72 hours of your treatment.

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If you have any additional questions, please do not hesitate to contact us at (514) 466-8822 or via info@clinicare.ca