



Adult, Pediatric & Cosmetic Dermatology
Laser & Skin Surgery

Gerald N. Goldberg, MD
Duane C. Whitaker, MD
Kathleen A. Strickland, NP-C
Jennifer A. Allison, MPA-C
Lynne Coulter, Cosmetic Director

5150 East Glenn Street
Tucson, Arizona 85712

520.795.7729

FAX 520.795.4177

www.pimaderm.com

Microdermabrasion

History of Dermabrasion

The modern dermabrasion technique was developed in the early 1900's and refined in the 1950's. Mechanical dermabrasion was used for many decades as the treatment of choice for remodeling the skin surface for improvement of scars and wrinkles.

Since the early 1990's a variety of Laser devices, primarily the CO2 and Erbium:YAG Lasers became the instruments of choice to perform controlled skin dermabrasions, or what now is known as Laser Skin Resurfacing. These techniques create a skin abrasion requiring several days to over a week of "downtime" for healing. Over the last decade new technologies have emerged to provide for skin renewal, skin toning and rejuvenation without skin wounding. This is where light freshening glycolic peels, non-ablative Laser skin toning, and Microdermabrasion fit in.

Microdermabrasion

Over the last decade, using some of the same concepts of traditional dermabrasion, a technique was developed known as Microdermabrasion. Similar to traditional dermabrasion, Microdermabrasion can provide substantial improvement in certain types of scars, stretch marks, aged and sun-damaged skin, while avoiding most of the problems seen with traditional dermabrasion. In this relatively new technique, a fine beam of aluminum oxide microcrystals or 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 a patient's usual activities. The best results usually require multiple treatment sessions to obtain optimal improvement. The most outstanding system for Microdermabrasion we have found is the Diamond Tome system which requires no crystals or particulates 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 foot area at the corner of the eyes. Treatment of the cheeks and forehead will often 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. In addition, some stretch marks, chicken pox scars and some types of acne scars can be improved with Microdermabrasion. Finally, some blackheads, whiteheads and other oily skin surface debris can be effectively removed with Microdermabrasion.

What conditions are not suitable for Microdermabrasion?

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

What are the advantages of Microdermabrasion?

The Diamond Tome 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 new collagen and elastin within the deeper portions of the skin. Treatment is possible with minimal postoperative care and generally few restrictions on normal work or social activities.

How does the Diamond Tome work?

Through the gently abrasive diamond chip handpiece, the Diamond Tome delivers a controlled, mechanized, exfoliation of the upper most, scaly, surface skin layer. Treatment typically lasts 15-20 minutes. There is a vacuum-like action which also can create some mild inflammation to deeper dermal skin layers, and which helps to stimulate new collagen formation. While the effects are very modest with one treatment, improvement will occur and can be additive 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 both your home skin care program and other in-office (no downtime) procedures such as light glycolic peels or Laser treatments.

What must be done before proceeding with Microdermabrasion?

A thorough evaluation of each patient is performed prior to the procedure to review the past medical history (ie. history of recurrent cold sores), overall general health, as well as current use of medications and allergies. Since every person has their own personal goal for treatment, the medical evaluation will also help determine the appropriateness of Microdermabrasion for each patient's specific problem and establish realistic outcome expectations. This visit will also outline the necessary pretreatment precautions (discontinuing Retin-A or Renova therapy) and determine the most appropriate treatment plan that will provide the best possible results.

How often is Microdermabrasion performed?

Typically the **Diamond Tome** procedure is performed at 7-14 day intervals. The actual number of procedures required can vary from 5 to 10 treatments, depending on the nature of the individual patient's problem, their 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, or at less frequent intervals.

Does the procedure hurt?

The **Diamond Tome** Peel is usually painless and associated with only minimal discomfort. In addition, there is usually little, if any, immediate evidence that the procedure was performed. This feature makes the Diamond Tome an ideal procedure for active people who cannot avoid the relatively long recuperative time required with dermabrasion, deep chemical peels, or Laser skin resurfacing.

What happens after the procedure?

Immediately after the **Diamond Tome** Peel 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, but no open sores or wounds are present.

Summary:**Benefits of the Diamond Tome Microdermabrasion:**

- Causes minimal discomfort (a temporary "wind-burn" sensation)
- No recovery time (return immediately to your daily activities)
- Can be done quickly (15 to 20 minutes)
- Requires no anesthesia
- Produces no side effects
- Works well on all colors of skin

Conditions treatable with Microdermabrasion:

- Fine lines and wrinkles
- Age spots/superficial pigmentation
- General exfoliation/rejuvenation
- Acne scars
- Enlarged or oily pores
- Blackheads and whiteheads
- Post-traumatic pigmentation
- Adjunctive to cosmetic surgery
- Blending post-Lasered skin

Please visit our website at www.pimaderm.com to view photos of before and after treatment results.

Please call Lynne or Linzee at 795-7729 for additional information or to schedule a consultation or treatment.