

# Understanding microdermabrasion

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In today's diversifying and developing world, technological improvements have given people to use it in their own advantages. Seeing this, such can also be applied in the realm of medicine particularly in plastic surgery. Nowadays, people can fight the signs of aging and other harmful effects in the skin. One example of such is Microdermabrasion. In the end, Microdermabrasion is another process that seeks to slow down the process of aging and greatly enhance and improve the confidence of people who patronize such practice.

**Definition and Process** Looking at the concept, the term refers to a mechanism in practice at a local clinic and hospital by a certified plastic surgeon. The process of Microdermabrasion involves repairing beaten skin brought about by the sun harmful UV rays and skin aging. (American Society of Plastic Surgeons, 2008) This technique has been used before by only certified plastic surgeons. However, with the current development in technology, it can now be done at a person's home. (The Ultimate Microdermabrasion Guide, 2006)

The technique involves a “ non-surgical method of rejuvenation by means of mechanical skin exfoliation without chemicals or laser” (Harley Medical Group, 2008). Also, it is the process wherein it utilizes various devices to try and remove a portion of the skin (superficial); the stratum corneum. (Zelickson, 2007) In addition, the technique uses various forms to achieve its purpose. The first one involves the practice committed by doctors in the hospital which is administered by using a sandblaster.

On the other hand, “ with other skin rejuvenation techniques, more than one treatment may be needed to reduce or remove fine wrinkles and unwanted

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pigmentation” (American Society of Plastic Surgeons, 2008). This is done by using various abrasive creams and ointments and rubbed to the skin. (Zelickson, 2007). Undergoing treatment Determining people who are capable to undergo such treatment is basically those who have normal skin. Due to its relatively safe and non-surgical nature, it can be given to anyone who is not suffering from skin complications.

“ People with active herpes lesions, active acne or rosacea, open sores or lesions, dermatitis, psoriasis using Accutane with the last 6 months, eczema and lupus should not have Microdermabrasion” (The Patients Guide, 2007). Actual Process involve in the procedure It has been mentioned that the ideal Microdermabrasion is performed at the hospital with the supervision of a certified plastic surgeon. Seeing this, the process is made “ by passing a hand held device that uses a highly controlled flow of fine, medical grade crystals over the skin” (Harley Medical Group, 2008).

This in turn will result to a feeling of “ a mild scratching as the procedure removes the superficial skin cells, the stratum corneum” (Patients Guide, 2007). The process usually takes about fifteen to thirty minutes per session. This in turn results into better application of anti aging cream and other topical products. “ The removal of the stratum corneum makes the delivery of topical therapies much easier for a number of conditions by removing the skin's natural barrier to such products and increasing their penetration” (Bernstein, 2007).

Moreover, the process of microdermabrasion also contributes to the improvement of the skin. With this, it “ increases cell turnover as our skin naturally begins to rebuild our outer layers” (Bernstein, 2007). Determining <https://assignbuster.com/understanding-microdermabrasion/>

the costs Determining the relative costs of the procedure shall depend on what type of apparatus or treatment shall be used by the plastic surgeon. In addition, another factor to consider when calculating the costs of the treatment is the expertise of the plastic surgeon administering the procedure.

“ There were over 990, 000 microdermabrasion treatments performed in the United States in 2006, and the average cost ranged from \$75 to \$350 per session” (The Patients Guide, 2007). But determining the actual cost is up to the individual who wishes to undergo the procedure in the best way that would fit his/her preference. Relative Risks and Side effects The procedure on the other hand also offers its relative risks and side effects.

Looking at the practice, Microdermabrasion showcases limited or minimal side effects and risks which is usually is manifested after treatment for several hours. (The Patients Guide, 2007) One important reason for this is the actual procedure of abasing one’s dead skin so as to get the desired results that one needs. “ With devices utilizing suction hand pieces there is a possibility of bruising from the suction, which will usually last several days” (The Patient’s Guide, 2007) One risk involved in the process however if your skin type is not suited for treatment.

This process can then lead to various complications in the skin. It is better to consult with an expert plastic surgeon before trying to undergo the process. Choosing the Plastic surgeon One key factor in determining the success of the procedure revolves around choosing the appropriate plastic surgeon to suit their individual needs. With the numerous devices around the market, it is impossible for a patient to decipher what will suit him/her best.

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“ It is almost impossible for any individual to know all the various devices on the market today and what will provide them with a satisfactory result” (Zelickson, 2007). Seeing this, it is important for every patient to first undergo consultation so that the residing plastic surgeon can effectively and efficiently apply proper diagnosis and treatment possible. “ During your consultation a physician may advise you as to what treatments are appropriate for you and whether microdermabrasion will be helpful in your case” (Zelickson, 2007).

Conclusion With all the devices and practices that combat the signs of aging, microdermabrasion is one process that can benefit individuals. With its non-surgical and less painful process, many people have been patronizing such practice. In addition, it’s relatively safe procedure can help improve every individual’s skin. In the end, by seeking a licensed and qualified plastic surgeon and physician can guarantee a more efficient and effective treatment for individuals who undergo such procedure.