



PMD Quick Start Guide

ATTENTION!!! Watch the training video and read the manual.
The Personal Microderm is simple to use but takes practice.



1. Thoroughly cleanse and dry the skin.



2. Begin with the white training disc. Practice on your arm or leg before using on face.



3. Pull the skin taut with your free hand to allow the Personal Microderm to smoothly glide over the skin.



4. Move the Personal Microderm in an upward fluid motion across the skin. **Do not hover** on any spots and move quickly.



5. Immediately after treatment, wash and dry the skin. Apply a calming toner and recovery moisturizer. We recommend the PMD Daily Cell Regeneration System.

6. Clean the cap and filter after use with rubbing alcohol or antibacterial soap.

NOTE

Keep the Personal Microderm moving and **do not** make more than two passes over the same area during treatment.



Changing the disc and cap

Twist the cap off and remove the old disc by pulling the disc straight off. Select a new disc by desired disc color and size and place directly onto the shaft. Place the cap back on the device by twisting it tightly against the black rubber O-ring. If it is not tight there will be no suction. Push the disc down so it sits slightly below the top of the cap. Use the small disc with the small cap and the large disc with the large cap.



Note to Beginners: Test new discs and colors on the arm or neck and watch how the skin reacts. If there is any pain **stop** and call us. Each disc color provides a different level of intensity.

What To Expect

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Before use **watch** the training video and **read** the manual. The Personal Microderm is simple to use but takes practice.



White
Ultra sensitive disc



Grey
Very sensitive disc



Blue
Sensitive disc



Green
Moderate disc



Red
Very coarse disc



Black
Body disc

Watch the training video and **read** the manual.

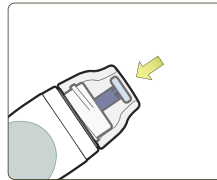
The Personal Microderm is simple to use but takes practice.

The cap **must** be screwed tightly against the black rubber O-ring or there will be no suction.

The disc **must** sit slightly below the cap or the disc could create skin irritations or red marks on the skin.

If this happens **do not** be alarmed.

These marks are only superficial irritations and will not last. Use moisturizer and the skin will regenerate quickly.



The Personal Microderm vacuum suction is strong and will naturally pull at the skin. Hold the skin taut with your free hand and constantly keep the Personal Microderm in motion. No pressure is needed. Do not hover in one spot or the Personal Microderm could get suctioned to the skin. This may result in

skin irritations or red marks. If this happens do not be alarmed.

These marks are only superficial irritations and will not last.

Use moisturizer and the skin will regenerate quickly.

Do not use the Personal Microderm if you have extremely sensitive skin or are using chemical peels, hydroxy acids, retinols, retin A or similar products. Consult your Doctor with any questions.

Not everyone will see the dead skin residue as shown on the demo videos. This does not mean the Personal Microderm is not working. The amount of residue following a treatment is based on skin type and climate.

Wait 6 to 7 days between treatments. The skin needs time to regenerate. For best results follow each treatment with the PMD Daily Cell Regeneration System.