

MICRONEEDLING TREATMENT



TREATMENT CARE INSTRUCTIONS

PRE TREATMENT

Discontinue Accutane 6 months prior to treatment.

Discontinue Retinoic Acid products and **Vitamin A derivatives** 24 hours before treatment.

Avoid auto immune therapies and products for 24 hours before treatment

Avoid anti-inflammatory medications (ex. Ibuprofen) for 3 days prior to treatment.

Avoid sun exposure or the use of tanning beds for 24 hours before treatment. Treatment will not be administered on sunburned skin.

Avoid makeup on the day of treatment.

Avoid Botox and dermal fillers for 2 weeks prior to treatment.

If the skin is red, irritated, broken out or sunburned, the treatment must be rescheduled.

Report all skin diseases, viruses, infections, cold sores, eczema or allergies.

Do not exfoliate, use glycolic acid, benzyl peroxide or any other skin irritants for one week prior to treatment.

POST TREATMENT

Immediately after treatment, you will look sunburned and your skin may feel warm and tight. You may notice slight swelling. This is normal and should subside in 1-2 hours and diminish the following day.

Use room temperature water to rinse the area for the first 24 hours.

After the first 24 hours, **use a gentle cleanser and gently dry** the treated area for the next 48 hours.

Avoid touching, rubbing, peeling or picking of the skin, as this may cause hyper/hypo-pigmentation, scarring or infection.

Apply pure Aloe Vera gel or antibiotic ointment, to the treated area twice daily until healed and dry.

Avoid anti-inflammatory medications (ex. Ibuprofen) for 2 weeks post treatment.

Do not apply makeup or other creams for the first 24 hours. Do not use makeup brushes while healing. Makeup used after initial 24 hours must be mineral.

Apply SPF 50+, 15 minutes prior to sun exposure and 15 minutes afterwards for 2 weeks. Reapply as needed. Chemical-free recommended.

Avoid Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinal, Vitamin C, or any products considered 'active' skincare for 72 hours post treatment.

Avoid direct sunlight, tanning beds or self-tanners for 24 hours after treatment.

Avoid strenuous exercise for 24 - 48 hours following treatment **and sweating** for 72 hours.

Avoid swimming for 24 hours post treatment.

Hot and humid weather conditions can aggravate skin in the period immediately before and after treatment.