

## MICRO-NEEDLING PRE AND POST TREATMENT INSTRUCTIONS

### PRE TREATMENT

- Avoid exfoliants three days before treatment
- Avoid sun exposure to the treatment area 1 week before treatment. Sunburned skin cannot be treated.
- Avoid topical products containing Vitamin A, Retinol and Retin A for 1 week prior to treatment.
- Avoid IPL/Laser procedures for 14 days prior to treatment.
- Avoid waxing, depilatory creams or electrolysis 5-7 days before the treatment.
- No shaving the day of the procedure.
- On the day of the appointment, ensure skin is clean: no lotion, oil, makeup, deodorant, powder, perfume or sunscreen to be applied
- If there is a history of cold sores, an antiviral agent should be taken for two days prior to and day of treatment. Treatment cannot be provided if there is an active cold sore present.
- No Accutane for a minimum of 6 months.

### POST TREATMENT

- Bring a hat and sunglasses on the day of treatment to protect your skin from sun exposure
- You might experience redness in the treated areas for 1-3 days
- You might experience inflammation, itching, burning and possible breakouts
- You might experience some swelling around the eyes
- Do not touch your face for the remainder of the day/night. If you apply face cream make sure you thoroughly wash your hands.
- Avoid sweaty exercise, swimming, saunas and sun exposure 72 hours post-procedure
- Avoid washing your face after treatment
- If the skin feels dry/tight you may apply a hyaluronic acid serum after the initial 4 hours
- Change your pillowcase the day of treatment, a non-cotton pillowcase is recommended
- Wipe down your phone and glasses with alcohol
- Wait at least 48 hours to apply any makeup
- Apply sunscreen spf 30+ the next day, and continue to protect your skin from the sun for 3 weeks
- Avoid topical skin care products containing vitamin A, Retinol and Retin A for at least 72 hours
- Avoid self-tanning products for 3 weeks including self tanners.