

# LIQUID MICRONEEDLING PRE AND POST-CARE

## Pre-Care:

- Make sure you have completed all paperwork & completed your medical history as thorough as possible
- You will need to prep your skin for 2-4 weeks, depending on your Fitz level
- You will need to purchase the pre-care bundle consisting of 02 Tox Peel Serum or BioHerb 50 Serum, Aqua Cream, and a container of the Cica Sheet Masks. The cream and masks will also be used post peel.
- Discontinue use of exfoliating topicals/active ingredients (Retin-A, Retinol, Tretinoin, Vitamin A, Benzoyl Peroxide, Glycolic Acid, Salicylic Acid, AHA's, etc.) for AT LEAST 5 days prior to treatment
- Do not manually exfoliate for AT LEAST 72 hours before treatment
- Make sure you've been using a tyrosinase inhibitor (Vitamin C, Mandelic Acid, Kojic Acid, Tranexamic Acid, Alpha Arbutin, etc.) for several weeks before performing this treatment to prevent Post Inflammatory Hyperpigmentation
- Do not tweeze, wax, or use a depilatory on treatment area for 1 week before treatment
- No Botox or fillers in treatment area for AT LEAST 10 days prior to treatment
- Avoid direct sun exposure, tanning beds, and self-tanners for 2 weeks prior to appointment
- For AT LEAST 48 HOURS before treatment, do not use heavy moisturizers or hydrating masks. It will effect the amount of peeling

## Contraindications:

- Allergy to shellfish, seafood, or any of the ingredients
- Compromised immune system
- Dermatitis (eczema, psoriasis, etc)
- Uncontrolled diabetes, or other conditions that cause impaired healing
- Sunburn
- Impaired barrier
- Severe inflammation
- If you tend to pick at the peeling skin
- Accutane or medications alike within the last 9-12 months

## During Treatment & Immediately After:

- A prickling sensation is to be expected
- Redness and/or some inflammation is very normal, and in fact, expect skin to get progressively more red within the first 24 hours

## Day 1-2:

- A prickling sensation is normal for up to 48 hours
- Dry, sandy feeling skin is also to be expected

### Day 3-5:

- Prickling sensation subsides, and skin starts to flake
- Little bumps with water on the skin is normal when doing a deep peel

### Day 6-7:

- Less peeling, and start seeing glowing skin

### Post-Care Instructions:

- The first 24 hours, do NOT cleanse, apply moisturizer or SPF for best results
- Avoid exercise and excessive heat
  - For the first 72 hours it's important to not do anything which would raise the internal body temperature (i.e. sauna, exercising, hot showers)
- Do not exfoliate the skin for at least 7 days post peeling
- Do not pick or peel any skin, doing so may cause PIH
- Stay out of the sun, and protect the skin by applying recommended moisturizer or similar, and SPF daily
- If skin feels itchy or uncomfortable, you can apply a calming/post treatment sheet mask, or use cold face globes. You may also put post treatment moisturizer in the fridge and apply a few times a day.
- You will need to use very gentle skincare for the first 10-14 days post treatment
- Regular skincare & actives may be resumed 10-14 days post treatment