

**INSTRUCTIONS FOR THE**

**MICRONEEDLING PROCEDURE**

**Before Instructions**

* **Avoid blood thinners** (including aspirin\*, ibuprofen, Aleve/naproxen, fish oil, Vitamin E, ginger, turmeric, etc.) one week before and 3 days after treatment, Tylenol is okay.
  + \**Do not stop aspirin or prescribed blood thinners if you have a history of cardiovascular disease or a vascular accident.*
* Let staff know if you have a **HISTORY OF COLD SORES**

**After Instructions**

Your skin will feel warm and tight like a sunburn for the first 3-5 days after the procedure. You can also expect some bruising in certain areas which is normal. Do not wear any foundation for the first 3 days, however, mineral makeup is allowed. Liquid foundation may be used on the 4th day after the procedure.

**Keep the face/area treated clean:**

* There is a kit supplied for your use after the procedure.
* Use a gentle cleanser like Cetaphil cleanser or Epionce Milky Lotion Cleanser to wash with twice daily. Gently pat the skin to dry.
* Do not scrub the area and avoid exfoliating agents for 2 weeks.
* Keep away from possible sources of infection like dirt/gardening and gyms and don’t let pets lick the treated area

**Protect from the sun:**

* Apply sunscreen and keep your skin protected from the sun. The first morning after the procedure and the whole week after, please use a barrier sunscreen (supplied after treatment) such as:
  + ELTA MD SPF CLEAR/TINTED
  + EPIONCE TINTED SUNSCREEN
  + SKIN MEDICA TINTED SPF
* Apply every 4 hours if going outside.

**Directions for Product Use (complete for 3-7 days after treatment)**

**Morning**

* Wash face with gentle cleanser
* Apply treatment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Apply cream OR mask
* Apply oil

Throughout the day apply cream OR mask followed by oil 2-3 times (in addition to morning and evening)

**Night**

* Wash face with gentle cleanser
* Apply treatment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Apply cream OR mask
* Apply oil

**After treatment:** Tylenol and cold compresses are okay.

Rev: 04/12/2021