



## **Pre-Treatment Instructions**

- If you are prone to cold sores, it is recommended to contact your physician for antiviral medication to avoid a post treatment breakout. You would begin prophylaxis two (2) days prior to the treatment and continue for five (5) days post treatment.
- No waxing, electrolysis, IPL, hair removal products or methods within fourteen (14) days prior to the treatment.
- Avoid the use of prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin) and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) seven (7) days before treatment or as instructed by Medical Esthetician.
- Avoid the use of acne topicals such as any benzoyl peroxide product (Purity Gel Spot TX, Acne Lotion, etc.) or any other product that can cause dryness, redness, or irritation 7 days prior to the treatment.
- Use sunscreen with an SPF of at least thirty (30) daily, for at least 3 weeks prior to treatment. Sunburned skin cannot be treated.
- Avoid direct sun exposure, self-tanners, and tanning beds four (4) weeks before and after your treatment.
- No Botox, collagen, or other derma-filler injections in the area to be treated within fourteen (14) prior to the treatment.
- Follow all pre-treatment home care product recommendations as instructed by your Medical Esthetician. Optimal results are achieved by following a home care regimen that will enhance the treatment process.
- Melanin-suppressing agents may be recommended depending on your skin type. You must follow the appropriate instructions on use of this product.
- Before each treatment, please inform us if you are taking any new antibiotics or medications, as they make your skin sensitive to some treatments, and therefore we may not be able to treat you for one or two weeks after completion of the antibiotics and/or medication.
- Please do not wear any makeup, perfume, or lotions on the treatment area prior to your treatment.
- You must have stopped the use of Accutane at least 6-12 months prior to the treatment.



## THE MELANIN STUDIO

### Post-Treatment Instructions

- A micro-needling or chemical peel procedure exfoliates the top layer of your skin. The stratum corneum is made up of dead skin cells that provide a buffer to your living cells. Any substance that is applied post treatment is absorbed very quickly and deeply.
- A slight (rosy) glow may appear for approximately 24-48 hours after. Your skin may feel “wind-burned” and will also be more vulnerable. The risk of getting sunburned following a treatment increases dramatically. You may experience some dry skin and mild peeling after your treatment. This may occur for a few days.
- You may resume your daily activities or return to work immediately. Mineral make-up can be applied following a treatment. If you experience discomfort following make-up application, remove immediately. We recommend mineral based make-up as they are calming to the skin and deliver a physical block for sun exposure and may have anti-aging properties.
- You must protect your skin every day with a full spectrum sunscreen that protects both UVA and UVB with an SPF of 30 or higher. We recommend you use a sunscreen that contains zinc oxide and titanium dioxide to provide you with full spectrum protection.
- Avoid direct sun exposure. All tanning and tanning beds must be avoided as well.
- You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin) and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) seven (7) days after last treatment, or as instructed by the Medical Esthetician.
- Avoid exercise for at least a few hours after the procedure.
- Avoid saunas, hair removal products/methods, waxing, chlorine and friction to the skin.
- Avoid eye brow lamination, ombre brows or any permanent makeup for 2 weeks post treatment.
- If you have any questions or concerns, please contact your Medical Esthetician by text at 780-707-0205 or email at [themelaninstudio@gmail.com](mailto:themelaninstudio@gmail.com).