

Microneedling and Nano Microneedling

Possible Medical Contraindications for both services:

Hemophilia	Broken Capillaries
Abrasions/cuts	Eczema
Bleeding Disorder	Psoriasis
Dermatitis	Sunburn
Hemotoma	Hypersensitive Skin
Herpes/Warts	Rosacea
Skin Disease	Autoimmune Disorder
Active Acne	Skin Cancer
Hepatitis	Radiation/Chemotherapy
Broken Capillaries	HIV/AIDS

Prior to your appointment, please observe the following:

***Please make sure you get approval from your doctor to stop any form of prescription medication.**

6 Months: Avoid Accutane / Isotretinoin

2 Weeks: Avoid IPL/Laser procedures. No Botox/Filler (or similar) injections.

5-7 Days: Avoid blood-thinning agents. No waxing, depilatory creams, or electrolysis. Stop using retinoids, harsh exfoliants, topical antibiotics, or AHA/BHA acids.

2 Days:

Do not take anti-inflammatory medications: ibuprofen, Motrin, and/or Advil.

If you are prone to cold sores, start taking an antiviral agent.

On the day of your appointment, please observe the following:

Do not apply makeup before coming in for your session.

We will not see if you if you've recently had a sunburn.

Do not shave the treatment area on the day of your treatment.

Aftercare Instructions:

Nano Microneedling is a less invasive form of Microneedling, and therefore will not require significant downtime. We can use numbing cream if you prefer, but it is not usually needed. We still suggest allowing your skin 24-48 hours to properly rest after

receiving the service, by using mild products and avoiding any strenuous activity (sweat) or sun exposure. You will not see any form of flaking, but may experience slight redness. This is normal and expected. Just be cautious with your skin and allow it the time it needs to naturally repair itself! We do sell POST TREATMENT Kits, just ask!

Microneedling

For the next 72 hours:

- Avoid sun exposure!!
- Keep the treated area clean by washing with freshly washed hands and mild soap (such as Cetaphil, CeraV, La Roche Posay) morning and night.
- Do not use a washcloth or sponge to remove soap.
- Dry the area completely after washing by gently blotting with a clean tissue.
- Do not use acne cleansers, astringents, or anti-aging products. Nothing with “active ingredients” as your skin is very sensitive and this could cause a reaction.
- Only wear makeup if necessary, and use mineral or non comedogenic products.
- Sleep on your back with your head elevated to minimize pain and swelling.
- Avoid recreational water activities such as saunas, hot steam showers, and swimming.
- Avoid vigorous activities that will make you sweat.
- Avoid hot steam showers.
- Flaking may occur and is natural and expected. Do NOT pick, scratch, or scrub your skin! Allow it to flake off naturally. This is crucial for the healing process.
- We suggest using the post-treatment oil daily and anytime your skin feels dry.
- You may also use a very gentle dermatologist approved moisturizer, or Vaseline. We have samples if you'd like to take one home with you! Just let your esthetician know.
- Use SUNSCREEN DAILY, and reapply!!

Allergic Reaction or Infection:

It is rare, but there is a chance of an allergic reaction or infection. If you believe you are experiencing either of these, please consult your physician for further information. Do not hesitate to reach out to us as well.

Once healed:

Around day 4-7, you'll notice your skin is no longer red or flaking. It should be fully recovered / healed. At this point, you may resume your regular skincare routine! We actually encourage exfoliation as this helps to remove the dead skin, and therefore

encourages new skin to come through. If your skin is still raw or sensitive, please proceed with caution. Start introducing “active ingredients” back into your routine slowly. If you are unsure of what types of products you should be using, consult with your esthetician. We have amazing products to purchase from the Spa.

****Always use a sunblock to protect from sun damage****

CONSENT

I understand that this skin treatment involves microneedles that create invisible, vertical micro perforations into the dermis layer of the skin, resulting in the natural repair mechanism of the skin to start producing collagen. I understand that there is a certain level of discomfort associated with the procedure and that each person has their own threshold level for discomfort. Upon consent, my technician may apply topical anesthetics to alleviate discomfort. I understand there is a small chance of an allergic reaction to topical numbing creams. I understand this procedure carries with it known and unknown complications and consequences associated with this type of esthetics procedure, including but not limited to: temporary minor bleeding, bruising of skin surfaces, swelling, redness, irritation, itching, mild burning similar to a sunburn within 72 hours of treatment, temporary and in some cases permanent discoloration such as hyperpigmentation and hypo-pigmentation, scabbing that can take 7 to 30 days to heal, infection, and/or scarring may occur. I understand there are no guarantees as to the results of this treatment due to variables such as age, genetics, condition of the skin, sun damage, how well I follow post-care instructions, my body’s natural ability to heal itself, etc. I understand that my technician only utilizes sterilized, disposable microneedles to minimize the risk of infection or contamination and that my technician has received training in appropriate sanitation and hygiene techniques prior to performing any procedures. While the risk of infection from our procedures is extremely small, the possibility of such an occurrence cannot be totally prevented. If I have any signs and symptoms of infections I will seek medical care.

If you are pregnant, please let your esthetician know. You may preform this service, however, certain products may not be allowed (numbing cream, serums, etc.)

I understand and accept the risk and release my esthetician and this business from any and all liability related to this service.