

# MICRONEEDLING

To obtain maximum benefits from your treatment, it is crucial that you understand and adhere to these instructions. Failure to comply with these instructions may affect your treatment outcome and increase the likelihood or severity of complications.

## Possible Medical Contraindications:

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

## Pre-Care Instructions:

Please make sure you get approval from your doctor to stop any form of prescription medication. The days listed below indicate the last day to do/receive those specific conditions. These instructions are specifically for the area being treated.

### 14 days prior to your appointment:

No IPL/Laser. No Botox/Filler (or similar) injections

**Start your tyrosinase inhibitors** - I.e: Licorice Root, Hydroquinone, Resorcinol, Hexyresorcinol, Kojic Acid, Azelaic Acid, Arbutin. If you don't have anything, please reach out to pick something up!

### 7 days prior to your appointment:

Stop any Waxing, depilatory creams, or electrolysis.

Stop the use of spray/self tanning lotion.

### 3 days prior to your appointment:

Do not take and blood-thinning medications. (Consult your Doctor)

If you are prone to cold sores, start taking your antiviral agent (consult your Doctor).

### 24 hours prior to your appointment:

Stop taking any anti-inflammatory medications.

Discontinue the use of Topical Retinoid (Retinol) / Vitamin A, AHA/BHA's.

Absolutely NO sun exposure.

## Post-Care Instructions:

**WE BELIVE IN "WET" HEALING = Keep your skin saturated in hydration!**

### For the first 24 hours -

- Avoid the SUN - Absolutely NO sunscreen for 24 hours.
- Cleanse your skin using the Gentle Cleanser you received in your Kit.
- ONLY use Skinfuse Lift HG! You may apply as often as needed.
- We suggest to use the SkinPen Premium Biocellulose Masque within the first 24 hours, at anytime.

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- Keep the treated area clean! Wash your hands before touching your face. Then dry your face with Cleanskin Club Towels (These are sold in our spa).

### The following 48 hours -

- **NO SWEATING** (sauna, hot yoga, hot showers, exercising). This causes excess blood flow and sweat which is uncomfortable and will irritate your compromised skin.
- You may now wear **SUNSCREEN!** We suggest to use the sample given to you, but any Physical / Mineral is fine.
- Apply the **KukuiNut Oil and Moisturizer** given to you. Kukui oil is a fantastic healing oil, and our Company's secret to healthy healing. Kukui nut oil is full of antioxidants Vitamins A, C and E, and has proven to help skin conditions like eczema, psoriasis, and dry and chapped skin. It has been used by the early Hawaiians for generations to help soothe and rejuvenate their skin from the effects of sun and wind burns, and other forms of skin damage. It is noncomedogenic, doesn't clog your pores, making it safe for acne clients.
- You may wear **MAKEUP** only if absolutely necessary. Use mineral or non comedogenic products.
- 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.

### After 72 hours -

You may resume your normal skincare routine, but use caution with Retinoids and Acids. If you feel like your skin still needs time to heal, then allow it to heal. We've created an incredible advanced "Post Procedure Skincare Kit" that we sell in the spa. Ask to purchase.

## 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.