



Esthétique Medical Spa

MICRONEEDLING AND FRACTIONAL RESURFACING

PRE-TREATMENT INSTRUCTIONS

- You may not be treated if you are pregnant, have diabetes, or are taking Accutane.
- If you have been off Accutane for less than a year, you may be treated with a doctor's release.
- Do not use topical agents that may increase sensitivity of skin (retinoids, topical antibiotics, exfoliants) or acids that may be drying or irritating to the skin (AHA, BHA, exfoliating masks, salicylic acids, hydroquinone, and benzoyl peroxide acne products) 5-7 days prior.
- If you have been diagnosed with cold sores or Herpes Simplex, you will need to be on medications 3-5 days prior to help prevent breakout.
- Do not take any blood thinning or anti-inflammatory medications such as Ibuprofen, Motrin, Aspirin, or Advil for 3 days prior. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- Wait two weeks for treatment following Botox or Juvederm.
- Avoid IPL/Laser procedures, unprotected sun exposure, or sunburn for 2 weeks prior.
- Avoid waxing, depilatory creams, or electrolysis to area being treated for 5-7 days prior
- Avoid shaving the day of the procedure to avoid skin irritation. If there is dense hair present in the treatment area, closely shave the area the day before you arrive. Moles, warts, or actinic (solar) keratosis cannot be treated.
- Arrive at your appointment with a clean face free of make-up, lotions, or any skin care product.

POST-TREATMENT INSTRUCTIONS

- A sunburn-like effect is normal. The skin will feel tight, dry, and sensitive. Immediately following treatment use ice packs or clean cool cloth to "cool down" treatment area. Cool water rinses with a small amount of vinegar may be applied to affected area.
- You may take a Benadryl prior to bed the first night after the treatment if needed.
- Wash with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after.
- Peeling may start 3-5 days after treatment. You will notice skin dryness and flaking. This is due to an increased turnover of skin cells. Do not pick or prematurely peel the skin, as this will cause hyper-pigmentation and/or surface scars. Allow old skin to flake off naturally and keep skin moisturized at all times.
- Do not exercise, use hot tubs, saunas, or any activity that will "Heat you up".
- Avoid direct sun exposure for at least 24 hours.
- Avoid excessive heat, tanning beds, and sun exposure for a minimum of 7 days. If you must be in the sun, apply SPF 30 or greater, reapply every 2 hours, wear a hat, sunglasses, and seek shade when possible.
- Do not use foundation or mineral make-up for 24-36 hours (about 1 and a half days).
- You may restart your regular skin care products and Retin-A once your skin is no longer irritated.
- Keep anything that touches your face clean, including your pillowcase. Alcohol swabs can be used for eyeglasses, cell phones etc.
- Do not use harsh skin care products, Hydrogen Peroxide or rubbing alcohol after procedure.
- Apply Hyaluronic Acid every 2 hours for the first 24 hours.

Please call or text the spa at 775-738-5588 with any treatment questions or concerns