*Nano needling*

*Pre & Post Treatment*

*Pre-Treatment*

* Stop tanning 1 ½ – 2 weeks prior
* Any skin care regime that involves any acids a week prior (alpha hydroxyl, beta hydroxyl acid, retinol etc.) It is recommended clients just use a gentle cleanser for the time being.
* Do not consume any drugs or alcohol 24 – 48 hours before
* If you are prone to the Herpes Simplex Virus (cold sores, or even fever blisters) it is recommended you ask your doctor for a prescription of Valtrex to prevent an active outbreak. Start taking 3-4 days prior procedure, and 4 days post procedure
* Do not wax area desired to be treated a week before. Example, if you are going to have micro needling done to your face, DO NOT wax your face a week before procedure
* Make sure the you are in good health before undergoing this procedure. If you are unsure about any skin conditions or health concerns at all, please advise your doctor beforehand and provide us with a doctor’s note authorizing treatment.

*Pre-Care Day of Treatment*

* No shaving the treatment area the day of the procedure
* Arrive with clean, bare skin. Omit lotions, creams, make up, or deodorant in area to be treated.
* Use an antiviral agent for 2 days prior to and day of treatment if you have a history of cold sores
* *Treatment denied for:* active cold sores, herpes simplex or warts in the area to be treated, open sores, sunburn, excessively sensitive skin within the application area, pregnancy, dermatitis or inflammatory rosacea within the application area.

*Post-Treatment*

* ALWAYS use SUNSCREEN after treatment.
* No sun exposure & no tanning beds (for 3 days after treatment)
* No sweating (for 3 days after treatment)

*Contraindications*

These contraindications are very important and are here to help provide you with a safer procedure. Please read them thoroughly.

* Pregnancy
* Psoriasis (active or inactive)
* Rosacea
* Extensive telangiectasia (spider veins)
* Chemotherapy/radiation treatment within the last 6 months
* Photosensitivity medications
* Accutane within last 12 months
* Avoid Botox, or fillers such as Juvederm for the last 2 weeks
* Blood thinners within last 2 weeks
* Retinal /Rentin A  within last month
* Active Herpes (if you have a history of cold sores, please take an antiviral 2 days prior to and day of treatment)
* Sunburn
* Avoid alcohol 2 days prior to treatment
* Prepare for treatment with high quality skin care products 4-6 weeks prior to treatment.
* No waxing, depilatory creams or electrolysis 5-7 days prior (on area to be treated).
* No acids or defoliants that may be drying or irritating to the skin (such as alpha hydroxyl acid [AHA], beta hydroxyl acids [BHA], exfoliating masks, hydroquinone, or benzoyl peroxide acne products). If a peel is not recommended, avoid irritating products for 24 hours prior to treatment.