

## Microneedling Pre Treatment instructions:

### MD Needle Pen with Hyaluronic Acid

- No Accutane treatment within the last 6 months. (No Exceptions)
- No Ablative laser resurfacing (Co2) within the last 3 months.
- No PDT (Photo Dynamic therapy) Blue light treatment within the last 6 weeks.
- No Microneedling or non ablative laser within the last 4 weeks.
- No Dermal fillers within the last 4 weeks.
- No Botox within the last 2 weeks.
- No laser hair removal, or IPL within the last 7 days.
- No Waxing, depilatory creams or Electrolysis 7 days prior.
- No Retin A, Retinoids, Hydroquinone, or benzoyl peroxide 3 days prior.
- No open wounds, cuts or abrasions in the treatment area.
- No Active Eczema, Psoriasis, Rashes, Herpes or other chronic skin conditions in the area.
- No Bacterial or Fungal infections present in the area.
- No Undiagnosed questionable skin lesions such as raised moles or AK (Actinic Keratosis).
- No Acids or exfoliates should be used 24hrs before the treatment (AHA, BHA).
- Avoid direct sun exposure 24hrs prior to treatment (No sunburns).
- No shaving the day of treatment.
- Avoid blood thinning medication such as Aspirin, Ibuprofen, Aleve 4 days prior. (Tylenol okay)
- Wait at least 3 months for treatment of new scars. (Surgical or traumatic induced)

\*\*\*If prone to Herpes Simplex breakouts microneedling can trigger cold sore breakouts. It is advised to contact your primary care physician for prescription of Antiviral such as Aciclovir or Valciclovir to suppress a herpes breakout.

\*\*\*Microneedling requires a numbing cream prior to service. Numbing cream cannot be applied to pregnant or Nursing mothers therefore not a recommended service. Nano Needling is great option for pregnant or nursing mothers which does not require numbing cream.

\*\*\*Any Autoimmune disorders such as Scleroderma, Diabetes, Blood clotting or cardiovascular diseases need a clearance from your physician for treatment. It may be a contraindication or healing may be delayed. Immunosuppressive drugs can interfere with normal healing reactions and outcomes may be unpredictable.

The Day of treatment do not apply makeup or cosmetics. Come with a clean washed face and no eye makeup. Bring a big hat as nothing can be applied to the skin for 24hrs post. Have a gentle cleanser and gentle moisturizer ready to use for 3 days post your procedure.