

## Microneedling with Evermore Beauty

### Preparing for your Microneedling session

Do's	Donts
Stop using chemical exfoliants and retinol based skin care products 5 days before your appointment.	No tanning of any kind 2 weeks prior. Normal day to day exposure but if you are returning from a hot Vacation please book two weeks or more after your return.
Wear Mineral SPF daily - We recommend Alumier Sheer Hydration in Sheer as it can also be safely used in post procedure care	Drink alcohol or coffee 24 hours prior as it can cause bruising.
Come to your appointment well slept and hydrated. This will ensure the most comfortable treatment for you and improve your outcome.	Do not exercise the morning of your procedure. Can cause excessive bleeding or dehydration.
Notify us of any medication use - antibiotics and blood thinners especially. Omega supplements should be stopped three days prior.	Make plans to go out that night - makeup is not advised for a minimum of 24 hours.
Make sure to be on quality skincare in advance of your appointment. Alumier is a Canadian brand that offers clean and effective care for your skin. This will improve your healing time and outcome.	Worry - the procedure is fast, painless and over within an hour.
Wear a button down top if you are having your neck or chest worked on. Loose fitting clothing near treatment is advised.	
Come with Washed Hair in a ponytail or braid	
Plan for social engagements - do not microneedle within one week of a special event.	
Notify us if pregnant or breastfeeding	

## Post Procedure Care for Microneedling

Do's	Donts
Stop using chemical exfoliants and retinol based skin care products 7 days after your appointment.	No tanning of any kind 2 weeks post. Normal day to day exposure is fine.
Wear liberal amounts of Mineral SPF daily - We recommend Alumier Sheer Hydration in Sheer as it safely used in post procedure care. Wear a hat and sunglasses while outdoors.	Drink alcohol or coffee 24 hours post as it can cause bruising and results may be affected due to reduced healing capacity of the skin. Best case avoid alcohol for one week if possible.
Change your pillowcase to a clean fresh one as your skin will be vulnerable to microbes for the first 12 hours	Do not exercise the day after the procedure - if you must then be sure to bring a calming cleanser and appropriate skincare to immediately cleanse after sweating as the urea in sweat can be irritating.
Follow aftercare instructions and only use the recommended products for your skin.	Touching your skin or removing the skincare that is applied at the appointment is not recommended until the next morning. Treat your skin like a wound and use clean hands only.
Ask loved ones not to touch the area for 24 hours.	Use washcloths on your skin unless they have not been used and do not reuse one ever. They harbor bacteria as soon as they are used so chuck it in the wash.
Use caution with water temperature. I recommend turning the water down cooler when entering and working it up slowly for bathing/face washing.	