



MICRONEEDLING TREATMENT:

BEFORE YOUR APPOINTMENT

- Avoid aspirin, ibuprofen, vitamin E and alcohol for 7 days before treatment.
- Avoid sun exposure/burns twenty-four (24) hours prior to treatment.
- Discontinue use of retinoids twelve (12) hours prior to treatment.
- You should not have an active breakout, active cold sores, or open lesions. If this occurs, your microneedling treatment should be rescheduled.
- Wait at least:
 - Forty-eight (48) hours before or after Botox treatment to have a microneedling treatment.
 - One (1) week before or after any fillers such as Juvederm, Restylane, etc.
 - One (1) month before or after laser treatments such as IPL, VBeam, etc. or chemical peels such as Vitalize, Rejuvenize, etc. or Microdermabrasion treatments.

THE DAY OF YOUR APPOINTMENT

- If possible, arrive without creams or make-up on the treatment area. Topical numbing cream will be applied to treatment area, please arrive 15-30 minutes early. Cleansing products are available for your convenience.
- Pre-treatment photos will be taken.
- The treatment areas will be wiped with alcohol.

AFTER YOUR APPOINTMENT

- Do **NOT** apply anything to the skin for 6-8 hours after treatment. This includes make-up, SPF and products of any kind.
- Avoid clothing, headbands, hats or scarves on the treated area. If clothing is to be worn over treatment area, we recommend cotton clothing that hasn't been treated with fabric softeners or dryer sheets.
- Redness and/or swelling is common and will resolve over time.

WHAT TO EXPECT

- Total healing time depends on each individual patient. It is best to not plan any important events 1-2 days after the procedure. Most people are able to return to work the day after treatment. Most patients should expect the following:
 - **Day 1:** Mild to moderate redness, similar to a sunburn. Possible mild swelling, bruising and slight pin point bleeding. Your skin may feel tight and warm.
 - **Day 2:** Fading but some persistent redness easily covered with makeup. You may note skin dryness and slight flaking.
 - **Day 3:** Most redness, any bruising and swelling should be nearly gone.
- Many patients completely recover within 24 hours. If you had your neck treated, it may take longer to heal. If you have a darker skin type, pigmented areas may darken before they grow lighter.
- If you experience any prolonged symptoms, or an increase in discomfort or swelling the clinic would like to see you for immediate follow-up.

AFTER CARE

- Only use the products suggested by the physician for the next twenty-four (24) hours. **Do not use any other skincare products (cleansers, moisturizers, or sunblocks).**
- After 24 hours, use regular **Epionce Cleanser and Renewal Facial** product for skin type.
- Avoid Aspirin, Ibuprofen, alcohol, heavy exertion and activities which may cause flushing for 2 days.
- Avoid harsh topical products such as retinols and glycolic acid products for one week after.
- Avoid direct sunlight on the treated area and use a broad spectrum UVA/UVB sunscreen of SPF 30 or greater for 4-6 weeks after your treatment. We recommend the **Obagi Sun Shield Matte or Epionce Ultra Shield Lotion.**

MAXIMIZING BENEFITS OF YOUR TREATMENT

Our Skin Care Specialists will review and compose a simple, customized skin care program for you to begin before your treatment as well as once your skin has healed to maintain the desired results. A quality, daily home skin care regime will ensure that you maximize and maintain the benefits of your treatment.

For any questions or concerns, please call EFC Medspa at (281) 560-3955. In the event of a medical emergency, immediately go to the nearest hospital and/or ER or dial 911.