



PRE AND POST INSTRUCTIONS MICRONEEDLING

PRIOR TO TREATMENT

- No Retinol or Hydroquinone products for 12 hours prior to treatment.
- No Auto-Immune therapies or products for 48 hours prior to treatment.
- No Prolonged sun exposure, sun burns, and spray tan to the treatment area 72 hours prior to treatment.
- Skin should be clean and make-up free.
- If an active or extreme acne breakout occurs before treatment, evaluate on a case by case basis.
- Microneedling may trigger a cold sore response in some patients. If you are prone to such a response, please advise your practitioner and a prophylactic medication can be prescribed.

POST TREATMENT

- Pin-point bleeding, irritation, redness, and very slight discomfort may occur after the treatment. Pin-point bleeding should stop within minutes after the treatment.
- After the treatment, take precautions against sun exposure. Do not apply sunscreen for 12 hours after the treatment.
- Do not perform any vigorous exercise for at least 12 hours after treatment.
- You may wash your face the morning after your treatment.
- Continue with application of recommended products up to 24-48 hours as needed.
- Avoid Alcohol Based Toners, Retinol or Hydroquinone products for up to 48 hours post treatment.
- For the first 1-3 days the skin will be very dry and tight.
- After 2-3 days patients can return to regular skin care products as soon as it is comfortable to do so.
- Please remember to drink plenty of water and to continue with SPF use.