

Micro-Needling Pre-& Post -Treatment Instructions

Pre-Treatment -Preparing Skin:

- Avoid sun exposure or tanning bed at least 4 weeks prior to treatment and during treatment process.
- Do not exercise the day before or for 48 hours after the injection treatment.
- Avoid caffeine containing food or beverages day of treatment.
- Avoid medications such as: Aleve, Advil, cold remedies, Vitamin E or aspirin 5 days prior to treatment.
- Avoid Retin-A, chemical peels, injectable fillers or Botox 2 weeks prior to treatment.
- Use a sun block with an SPF 30+ with UVA/UVB Broad Spectrum protection.
- Day of treatment wear comfortable clothing. Your top should button or zip rather than pull over the head.
- Notify medical aesthetician if you get cold sores. You will require an anti-viral prescription to avoid any breakout after treatments.
- If you have open cuts, wounds, abrasions or during acne or cold sores breakouts, we cannot perform the procedure.
- Eat a healthy diet, whole food vitamins and daily omega 3 fish oil. It is also advisable to take 1000 mg of vitamin C and 2000 iu. of vitamin D3. This ensures an increase in vitamins internally and externally and will greatly aid in the healing process.
- Drink 8 glasses of water/non-caloric fluids per day.

Post-Treatment Instructions

What to be expected:

Day 1: Skin will be erythematous and flushed after treatment, depending on the intensity of the treatment. Pinpoint bleeding may occur. Do not apply makeup for at least 12 hours.

Day 2: A red or pink hue persists like moderate sunburn. Swelling and slight bruising may be more noticeable on the second day. Minor scratches may be visible. Apply moisturizer as needed.

Day 3: Skin can be pink or normal color. Swelling subsides. The skin can feel dry or feel tight. A slight outbreak of acne or milia (tiny white bumps) is possible. Light peeling usually occurs in about three days and will be replaced with brand new skin.

Home Care:

Wash with a gentle cleanser using your fingers only. Gently massage the face with lukewarm water.

Remove serum and other debris such as dried blood. ****DO NOT scrub, use a wash cloth or a Clarisonic brush.** Cleanse areas treated twice a day. Do not use exfoliating products for 72 hours.

- Cold compresses may be applied following treatment for comfort. If neck or décolletage are treated, the redness might last slightly longer.
- Apply 1% Hydrocortisone cream or Benadryl spray or gel on treated areas to reduce itching or redness.
- Continue taking Arnica Montana up to 7 days after each treatment to decrease bruising and inflammation.
- Do not exercise for 24 hours after treatment.
- Avoid saunas, steam rooms, hot baths or showers until redness is gone.

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- Continue to avoid sun exposure to the treatment areas and apply a broad-spectrum sunblock with SPF minimum of 30. Apply it at least 30 minutes prior to sun exposure and repeat after every two hours of sun exposure.
- After 2-3 days patients can return to regular skin care products or as soon as it is comfortable to do so. Mineral makeup may be applied the following day.
- Avoid strenuous exercise for two to three days after treatment.
- Avoid waxing, facials, Botox, injectable fillers or any other skin care treatment two weeks after treatment.
- New cell regeneration requires at least 6-8 8 oz. glasses of water a day (if you already drink that-increase by 2 glasses)

If skin becomes painful, swollen, red or inflamed, please notify us immediately at **972-422-4040** as this may represent an infection or allergic reaction that may require treatment.