

## **MICRONEEDLING**

### Pre-Treatment

- Prior to treatment please come with face clean and do not apply makeup
- Wait at least 1 week after sun burns or laser treatments, such as IPL, laser hair, etc., or any chemical peels, microdermabrasion, or any other skin resurfacing treatments. The procedure will not be performed on sunburned, open, or irritated skin.
- Avoid any herbal supplements or NSAIDS for at least 72 hours prior to treatment. If you have been prescribed a blood thinner this treatment may not be right for you and we ask you to call our office.
- Avoid alcohol for at least 48 hours prior to treatment.
- If you have a current diagnosis of any autoimmune, blood disorder, cancer, or neurological disease then filler may not be recommended.
- If you have a history of cold sores or vesicle outbreaks on the face please call our office prior to your appointment for an antiviral prescription.
- IF PRP IS BEING USED: Eat a well balanced meal and drink a full bottle of water within 1 hour of appointment to reduce dizzy spells or fainting
- Ensure 1 month before or after laser treatments
- Please discontinue products containing any exfoliating agents (retinol, glycolic, scrubbing beads, etc.) at least 24 hours before treatment. Tretinoin should be stopped 5 days prior.
- If you have severe active acne microneedling is not recommended.
- If you have a history of herpes or cold sores, we highly recommend a course of anti-viral medication pre and post treatment, please call our office.

### Post-Treatment

- After 24 hours, use a gentle cleanser to clean the face & gently dry the treated skin before applying the Calming Complex. At this point, resume use of broad spectrum sunblock with zinc oxide during the day.
- Only use the Lift Serum for the first 24 hours if needed for comfort. After 24 hours use the Rescue Calming Complex morning & night until empty.
- Avoid sweaty exercise, strenuous activity, and saunas for 3 days after treatment. Gentle walking, light weight lifting, etc. is ok after 24 hours.
- You may resume your normal anti-aging skincare routine after 7-10 days
- Do not go swimming for at least 72 hours post-treatment.
- Makeup may be applied after 24 hours following treatment, once the channels have closed. Mineral makeup is best.
- Avoid clothing, headbands, hats, or scarves on the treated area for the first 48 hours.
- Sun exposure should be avoided for at least 7 days post treatment.

- Drink plenty of water and continue to use SPF 35 or higher every day to maintain skin health.
- Maintenance sessions are recommended every 6-12 months to keep collagen production boosted