



MICRONEEDLING

PRE CARE INSTRUCTIONS

- Do not take anti-inflammatory medications or supplements such as Motrin 3 days prior to treatment. These agents will interfere with the natural inflammatory process that is responsible for skin rejuvenation
- Discontinue the use of exfoliating products such as Salicylic and Glycolic acids 3-5 days prior to treatment
- It is important to **stop using topical retinoid 1 week prior to treatment**
- If you are susceptible to cold sores, it is recommended to take anti-viral medication (Valtrex) the day before, the day of, and the day after your treatment to prevent a breakout. Please let us know if this applies to you, or if you may need a prescription. Your treatment may be rescheduled should you arrive with an active lesion
- For the day of treatment, do not wear makeup, oil, lotion, sunscreen, perfume, or any other products on the face

POST CARE INSTRUCTIONS

The first 72 hours post treatment are the most critical, please follow the below instructions to ensure best results. It is typical to experience redness for 3-5 days.

- Do not apply anything to the face for 8-12 hours post treatment
- Wash the face gently and with a gentle cleanser before bed time. No scrub brush
- Do not swim or tan for 72 hours post treatment
- Avoid sweating for the first 24-48 hours. Do not exercise or participate in strenuous activity. A gym environment is rife with bacteria and may cause adverse reactions
- Sunscreen and makeup may be worn after 24 hours, however 48 hours is recommended
- Use a hydrating moisturizer if dryness or flakiness occurs. This is normal and is crucial for the rejuvenation process
- It is very important to avoid direct and excessive sun exposure. Always wear SPF 30+
- For 48-72 hours post treatment, avoid alcohol-based toners, acids and exfoliating products such as Alpha Hydroxy Acid, Beta Hydroxy Acid and Retinols as these will significantly irritate your skin. You may return to normal skincare regime after that

OTHER IMPORTANT INFORMATION

- **ALWAYS WEAR SUNSCREEN ON THE FACE** and reapply every 2 hours, SPF 30+
- 3-5 treatments spaced 4 weeks apart is strongly advised to achieve optimal results
- To enhance your results, consider a combination of medical grade chemical peel or platelet-rich plasma
- New collagen takes 4-6 weeks to form and develop. Please be patient

Please do not hesitate to contact the clinic should questions or concerns arise.