

It is through the use of a safe, natural, holistic alternative for resurfacing of the skin using micro needles without an aggressive machine, to produce optimal results. There may be some bleeding during the treatment for which I understand is temporary. There may be some mild discomfort during the procedure. Topical coolness or anesthetic cream may be used if needed for tolerance.

MICRONEEDLING CAN HELP:

- Build collagen and elastin by stimulating natural skin's growth factors
- Smooth fine lines and wrinkles
- Fill in pitting and improve the appearance of stretch marks or areas lacking structure
- Smooth acne scars
- Reduce melasma or sun damage
- Tighten sagging skin

PRE-TREATMENT INSTRUCTIONS

- Avoidance of Accutane for the past 6 months
- Avoid retinoids, topical antibiotics, exfoliants, hydroquinone, sunburn, and benzoyl peroxide 3 days prior to treatment
- Use recommended skin care system for preconditioning for 4-6 weeks for optimal results
- Avoid IPL/Laser procedures for 7 days prior to treatment
- No waxing, depilatory creams or electrolysis 5-7 days prior to the treatment
- Do not use topical agents that may increase skin sensitivity prior to treatment this includes AHA or BHA peels, Retinoids, vitamin A or C creams/serums/masks, benzyl peroxide acne products or any exfoliating products that may cause your skin to become sensitive before, during or after the treatment.
- No shaving in the treatment area the day of the treatment.
- Report significant changes in the skin including breakdown of skin or excess dryness or sunburn prior to undergoing the treatment
- Skin is clean without lotion, oil, makeup, deodorant, powder, perfume or sunscreen
- Use an antiviral medication for 2 days prior to and day of treatment if you have a history of cold sores
- **Your treatment will be rescheduled if you have:** active cold sores, herpes simplex, or warts in the area to be treated, open sores, sunburn, or excessively sensitive skin, dermatitis or inflammatory rosacea within the application area. If you are pregnant, your treatment will be rescheduled until after you give birth.

DAY OF TREATMENT INSTRUCTIONS

- Omit lotions, creams, make up or deodorant in area to be treated
- Arrive with clean washed skin
- Inform provider of any changes in medical history and of all medications you are taking

POST-TREATMENT INSTRUCTIONS

- Immediately after your Microneedling procedure, your aesthetician may apply moisturizer and sunscreen topically.
- Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil. Continued on next page These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. Use Tylenol only as needed for any soreness.
- Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, always use sun screen SPF30 or above. You may clean your face with a gentle cleanser before bed.
- Redness or sensitivity might be present (and last up to a few days) after peel
- Peeling may start 3-5 days after treatment. Do not pick or scratch at treated skin but instead keep moisturized
- Eat fresh pineapple to optimize healing

- Avoid strenuous exercise or sweating for 48 hours due to open pores
- Treat skin gently washing with a gentle milk cleanser, cool water, using hands only and pat dry no earlier than 4 hours after peel
- You may use cool compresses after treatment if excessive discomfort, burning, redness, or swelling occurs
- Avoid sun exposure for 3 days and if possible 10 days. Apply a minimum of SPF 30 every 2 hours • May use mineral makeup after 24 hours
- Restart regular skin care regimen in 48 hours and Retin A in 72 hours
- Recommend follow up and repeat treatments in 4 weeks and for best results a series of 4 – 6 treatments

Day 1: Day one after treatment, you may clean your face with mild milk cleanser and apply makeup, lotions and other topical products as usual, however, please make sure you use brand new foundation and powder. Stay away from exfoliants or glycolic acids that are present in cleansers or toners/astringents as these can make your skin very dry after the procedure. Be sure to use an approved SPF30 or greater sunscreen!

Days 2-7: Within two (2) days following your Microneedling procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer. If the roller was used around the eyes, you may have a little micro bruising that may exist for three or four days. This can easily be covered with makeup. Days later, your skin will start shedding. These are skin layers that would regularly shed a week later, but the Microneedling brings this skin to the surface sooner. During this temporary process, your skin will shed and be dry. You may use your regular skin care products once your skin is not irritated.

Days 7+: A week after Microneedling procedure, most patients notice that their skin is smoother and more radiant. Continue with sun protection every day and reapply every 2 hours if outdoors.

Failure to comply with the aftercare instructions may result in unwanted results,
so please follow these rules carefully.

If you have any questions or concerns please do not hesitate to call or text Sylvia at 289.775.5639