

# MICRONEEDLING

## PRE CARE INSTRUCTIONS

MicroNeedling is an elective procedure for cosmetic purposes only. The concept of microneedling is based on the skin's natural ability to repair itself when it suffers physical damage such as cuts, burns, abrasions or other injuries. Immediately after an injury to the skin, our body begins the healing process, triggering new collagen synthesis. The Dermapen is a microneedling device that intentionally creates very superficial "micro-injuries" to the outermost layer of the skin, inducing the healing process including new collagen production. Microneedling has been shown to reduce the visibility of acne scars, fine lines, and wrinkles, diminish hyperpigmentation, and improve skin tone and texture, resulting in smoother, firmer, younger looking skin.

- Avoidance of Accutane for the previous 3 months
- Avoid retinoids, topical antibiotics, exfoliants, hydroquinone, sunburn, and benzoyl peroxide 3 days prior to procedure
- Avoidance of IPL/Laser procedures for the 7 days prior
- No waxing, depilatory creams or electrolysis 5-7 days prior
- No vitamin A, vitamin E, ibuprofen, or fish oil 24 hours, notify us if on blood thinners
- No significant changes in the skin recently reported including breakdown of skin or excess dryness
- No prolonged sun exposure to the face 1 week prior to your treatment. A treatment will not be administered on sunburned skin
- Skin is clean without lotion, oil, makeup, deodorant, powder, perfume or sunscreen
- Antiviral agent for 2 days prior to and day of treatment if history of oral cold sores
- **Patient denies today:** active cold sores, or warts in the area to be treated, open sores, sunburned, or excessively sensitive skin within the application area, pregnancy, dermatitis or inflammatory rosacea within the procedure area.

### What risks are involved? What problems might I experience?

Potential side effects of microneedling include:

- Discomfort at the treatment sites.
- Short-lasting pinkness or redness (flushing) of the skin.
- Swelling.
- Bleeding, bruising, or infection (as with any type of injection).
- Itching at the injection sites.
- Dryness.
- Flaking of the skin.
- Skin pigment changes.
- Reaction to topical medications used during treatment.

In order to provide you with the best possible service, we ask that you carefully review these general pre-care treatment instructions so you fully understand them. If you have any questions about these instructions, please discuss them with your esthetician prior to treatment.

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## AFTERCARE/ POST-CARE INSTRUCTIONS

Please follow the post-care instructions below, and notify your technician if you have any concerns or adverse reactions.

- Use the post procedure kit for 4 days after the procedure
- Avoid direct sun and tanning beds for 7- 10 days or until skin is healed
- Do not pick or exfoliate. Let skin flake off naturally
- The skin is healed in about 1 week
- Avoid strenuous exercise, sweating, steam baths, sauna until the skin is healed
- Apply cool/cold compress as necessary to avoid discomfort and inflammation
- Avoid any harsh chemicals on the skin for 1 to 2 weeks after procedure
- Apply only mineral make up 24 hours post procedure for 4 days with clean hands
- Do not exercise for 24 hours after treatment.
- For the first few days sleep on back with head slightly elevated (will reduce swelling around eyes and face)
- Avoid exfoliating medications such as Retin A's, Glycolic Acids, Benzoyl peroxides, salicylic acids, etc
- New cell regeneration requires at least 6-8 8 oz. glasses of water a day (if you already drink that- increase by 2 glasses)

### **Day 1:**

Skin will be erythematous and flushed after treatment, depending on the intense 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.

### Recommended products / Additional Instructions:

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