

## MICRO-NEEDLING TREATMENT PRE-TREATMENT INFORMATION

Microneedling (also known as COLLAGEN INDUCTION THERAPY) involves using fine needles to create hundreds of tiny, invisible puncture wounds in the top layer of skin. This minimally invasive treatment— stimulates the body's natural wound healing processes, resulting in cell turnover and increased collagen and elastin production.

A Topical anesthetic cream may be used if needed for tolerance.

Treatment achieves:

- Helps to build collagen
- Smoothens fine lines and may help fill in pitting or areas lacking structure
- Softness acne scars
- Stimulates growth factors
- Post care includes no aggressive products for 48 hours after treatment and SPF of at least 30 shall be worn daily.

## PRE-PROCEDURE PRECAUTIONS

1. Avoidance of Accutane for the past 6 months
2. Discontinue retinoids 24 hours prior to procedure
3. Avoid sun exposure/burns 24 hours prior to procedure.
4. Avoidance of IPL/Laser procedures for the past 7 days prior
5. No waxing, depilatory creams or electrolysis 5-7 days prior to treatment.
6. No topical agents that may increase skin sensitivity, no acids or exfoliants that may be drying or irritating to the skin (such as alpha hydroxyl acid (AHA) beta hydroxyl acids (BHA), exfoliating masks, hydroquinone, or benzoyl peroxide acne products) 24 hours without irritating products.
7. No shaving the day of the procedure
8. Skin is clean without lotion, oil, makeup, deodorant, powder, perfume or sunscreen
9. Antiviral agent for 2 days prior to and day of treatment if history of cold sores
10. Fitzpatrick IV–VI, pigment may darken prior to lightening

NOTE - Patient is denied day of treatment if the following is present: active cold sores, herpes simplex, or warts in the area to be treated, open sores, sunburned, or excessively sensitive skin within the application area, pregnancy, dermatitis or inflammatory rosacea.

## 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
- If recommended a topical anesthetic cream may be applied 20 minutes before treatment

## POST- TREATMENT INSTRUCTIONS

Immediately after your Medical Micro-Needling procedure, your health care provider will provide post care and a recommended skincare program to maximize your results.

Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. 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
- Use Tylenol only as needed for any soreness
- Peeling may start 3-5 days after peel. Do not pick or scratch at treated skin but instead keep moisturized
- Avoid strenuous exercise or sweating for 72 Hours
- Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry
- Avoid sun exposure for 3 days and if possible 10 days. Apply a minimum of SPF 30 daily
- May use mineral makeup after 24 hours
- Restart regular skin care regimen in 48 hours and Retinoids in 72 hours
- Recommend follow up and repeat treatments in 4 weeks and for best results a series of 3 – 6 treatments

Day 1: On the next day, you may cleanse your skin as usual and apply RESCUE and TIZO SPF40 or an approved SPF30 or greater sunscreen.

Days 2-7: Within two (2) days following your Medical Micro-Needling 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. Follow the instructions given to you by your medical professional. Days later, your skin will start shedding. These are skin layers that would regularly shed a week later, but the Micro-Needling 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 the Medical Micro-Needling 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.