

BEFORE MICRONEEDLING TREATMENT

- Prior to your Microneedling treatment, please observe the following:
- No Retin-A products or applications 3 days prior to your treatment.
- No Accutane for 2 months.
- No prolonged sun exposure to the face 24 hours prior to your treatment. Your Microneedling treatment will not be administered on sunburned skin.
- On the day of the treatment, please keep your face clean and do not apply makeup.
- If an active or extreme breakout occurs before treatment, please consult your practitioner.

WHAT TO EXPECT

After your treatment, please be aware and observe the following:

- Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after 1 to 2 hours and will normally diminish within the same day or in 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.
- Your practitioner will discuss post-procedure skincare following the treatment to help soothe, calm, and protect the skin. Continue to treat the skin gently for 3 days. Normal skincare can be resumed after Day 3.

POST TREATMENT

Be certain to adhere to the following post-treatment instructions:

- CLEAN:** Use a gentle cleanser and tepid water to cleanse the face for the following 72 hours and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area.
- HYDRATE:** Following your treatment, your skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to balance, as it has excellent skin healing properties.
- MAKEUP:** It is recommended that makeup should not be applied for 24 hours after the procedure. Make sure to clean all makeup brushes before using them after a SkinPen treatment.
- PROTECT:** We do not recommend any outdoor exposure the day of your treatment. If you must go outside – even briefly - wait at least 8 hours after your treatment before applying a broad-spectrum UVA/UVB sunscreen with an SPF 30 or greater. A mineral sunscreen containing zinc oxide is highly recommended. Bring hat to wear after your treatment.

WHAT TO AVOID

To ensure the proper healing environment, be certain to observe the following:

- Do not put anything on your skin for 8 hours after your treatment, or wait until the day after your treatment before you apply anything to your skin.
- For at least 3 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C or anything perceived as 'active' skincare.
- Avoid intentional and direct sunlight for 24 hours. No tanning beds.
- Do not go swimming for at least 48 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, full of bacteria, and may cause adverse reactions.

If you have any questions at all, please do not hesitate to contact us at 701-530-8450.