



Micro-needling Pre and Post Treatment Regimen and Care

Micro-needling with **SkinPen** is a fractional treatment that works to tighten, lift and rejuvenate the skin. It is effective in reducing fine lines and wrinkles, stretch marks, surgical and acne scars. Fractional micro-needling, or collagen induction therapy, uses needles to pierce the skin in a controlled and precise pattern. This treatment is safe on any skin type, requires short treatment time and minimal discomfort with very little downtime.

Prior to Treatment:

1. You are seeking an anti-aging treatment that has a primary purpose of stimulating collagen, to improve the texture, tone, and color of the skin. Your homecare will be customized to promote the health of your skin which will help to ensure the safest, most effective treatment outcome and extend the life of the treatment results.
2. Avoid retinol and Retin-A products for 72 hours prior to your treatment.
3. Do not take auto-immune therapies for 12 hours prior to your treatment.
4. Avoid Vitamin E, fish oils, and Ginkgo Biloba for one week prior to treatment.
5. Avoid ASA (Abbreviation on a medication that indicates it contains acetylsalicylic acid (Aspirin) 2 weeks before treatment. (Please consult with your physician first if you are on ASA therapy).
6. Avoid anti-histamine and inflammatory drugs once week prior to treatment. These negate the effects of the procedure. The body's histamine and inflammatory responses are needed post procedure.
7. Stop Laser Hair Removal, Electrolysis, Waxing, and Depilatory creams one week prior to treatment.
8. Do not expose your skin to the sun in the days leading up to your treatment. Micro-needling treatment will not be administered on sunburned skin.
9. Do not apply makeup the day of your treatment.
10. If you have an active or extreme breakout before treatment, please consult with Meredith.
11. If using Accutane, a 3-month waiting period after discontinuation of medication is required.
12. If you have a history of cold sores, you may receive medication to prevent an outbreak. Please take as directed.

What Can Be Expected:

- Immediately after treatment, you will look as though you have a moderate to severe sunburn and your skin will feel warm, stinging and tighter than usual. This is normal and will subside after 1 to 2 hours and will typically recover within the same day or 24 hours. You will note decreased generalized redness after 24 hours, with an appearance of 'road rash' or abrasions in minimal areas or spots.
- Your practitioner will prescribe post-procedure skincare after the procedure to help soothe, calm and protect the skin. Continue to use for at least 4 days. Active skincare can be resumed again after Day 4.

Instructions:

- **CLEAN-** With clean hands, use a soothing cleanser with tepid water to cleanse face twice daily.
- **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 perfect balance.
- **PROTECT-** Immediately following your procedure, a broad spectrum UVA/UVB sunscreen will be applied to the treatment areas. To avoid unnecessary side effects from the treatment, a chemical-free sun protection should be worn EVERY DAY, under makeup.
- **MAKEUP-** Do not apply makeup the day of your procedure. Clean all makeup brushes and applicators prior to use on treated skin. Use ONLY pure mineral makeup during the healing process to avoid infection.

What to Avoid:

- Do NOT use any unapproved skincare products in the first 4 days. Products rich in soothing and healing ingredients are best to encourage new, healthy cell growth. Peptides, antioxidants, stem cells, Vitamin A, C, and E, and growth factors work very well.
- NO sun or heat. This includes simple day-to-day tasks such as gardening, cooking over a hot stove for a long period of time, sitting next to a bonfire or fireplace, etc. NO tanning beds or sun exposure for at least 14 days.
- NO swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment