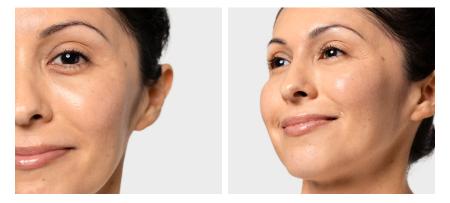
PRO microneedling

PRE-TREATMENT INSTRUCTIONS



Pre treatment guidelines are important to follow, so you can get the best results from your service.

- 1. Avoid Accutane in the six months prior to beginning your treatment sessions. Check with your prescribing physician.
- 2. Do not use topical agents that may increase the sensitivity of your skin such as retinoids, exfoliants, topical antibiotics or hydroxy acids 3-5 days prior to your treatment.
- **3.** Avoid IPL/Laser procedures, unprotected sun exposure, or sunburn for at least 2 weeks prior to your procedure.
- 4. No waxing, depilatory creams, or electrolysis to the area being treated for 5 days prior.
- 5. Do not shave the day of the procedure to avoid skin irritation.
- 6. Keep makeup to a minimum day of the treatment if possible.
- 7. Do not experiment with new products before the treatment.
- 8. Avoid alcohol, blood thinners and caffeine 24-48 hours before the treatment.

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PRO microneedling

POST-TREATMENT INSTRUCTIONS



Aftercare is critical for achieving your healthiest-looking skin, so we want to make sure you know exactly what to do.

Recommendations:

Do not apply makeup for up to 24 hrs after treatment. You can cleanse your face 6 hours after treatment or before bed time with a gentle cleanser and tepid water. Use serums or recommended products per your skin therapists directions. Continue to wear SPF 30+ daily.

up to 48 hrs after

- Do not apply cold compresses or ice packs to skin.
- Avoid taking ibuprofen or other anti-inflammatories.
- Apply a physical SPF 30+ during the day, after 24 hours (and cleansing your face).

72 hrs after

- Avoid sweaty exercise and sun exposure.
- Avoid active skin care (including AHA/BHAs, exfoliants, Vitamin A, Retinol, etc.)
- If you must wear make-up, use mineral-based, oil-free make-up.
- Do not pick or peel skin during the healing process.

Should you have any concerns after your treatment, please contact your Dermalogica skin therapist.

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