# Microneedling Pre & Post Care Instructions

Microneedling (also known as Collagen Induction Therapy or Dermal Needling): treatment induces collagen and elastin production, and increases cellular turnover by stimulating the body’s natural healing process with minimal downtime time following treatment.

**MICRONEEDLING TREATMENT BENEFITS:**

* Minimize the appearance of fine lines and wrinkles
* Firms and tightens thin skin, prevents premature aging
* Diminishes scars, old acne scars and stretch marks
* Minimizes hyperpigmentation (ie: sun spots, age spots)
* Reduces the appearance of enlarged pores
* Improves skin’s overall complexion
* Decreases hair loss and thinning through the scalp, promotes healthy hair growth

Micro-needling can be safely repeated every 4-6 weeks until your desired results are achieved. (Typically recommend 2-4 treatments spaced 4-6 weeks apart. Clients treating deeper wrinkles, stretch marks, or acne scars, 6-8 treatments are recommended at 6-8 week intervals.) After completing your initial treatment series, we recommend repeating series annually to maintain results and continue skin’s improvement.

**CLIENT PRE-TREATMENT INSTRUCTIONS:**

Preparing the skin treatment will ensure optimum results. Healthy skin will respond better and results will last longer.

* Discontinue Retinol or Retin-A 2 days before your scheduled appointment.
* To reduce discomfort during the procedure you can take an Ibuprofen (600-800mg) or Tylenol (1-2 tablets) 1 hour prior to treatment.
* The treatment can increase the risk for acne and/or herpes cold sore outbreaks. If you have a history of cold sores or acne, please discuss appropriate post treatment and prevention with your physician.
* No autoimmune therapies or products 12 hours prior to treatment.
* No prolonged sun exposure or recent sunburn at least 72 hours prior to treatment.
* Skin should be clean and makeup free.

Prior to treatment the skin is cleansed and a numbing topical is applied to the area for approximately 30 minutes. Depending on the treatment area, the actual procedure takes approximately 15-30 minutes.

**CLIENT POST-TREATMENT INSTRUCTIONS:**

Healing time varies based on treatment depth, client’s skin, lifestyle and after care compliance following the procedure.

* Use tepid water and a gentle cleanser to cleanse the area a few hours after treatment, removing excess serum and other debris such as dried blood. Use a gentle cleanser to wash the treated area twice daily.
* Apply a moisturizer 2-3 times per day. Adequately moisturized skin throughout the healing process provides optimal results.
* If your skin is extra sensitive after the treatment you can apply hydrocortisone cream, aloe, and take Advil for discomfort.
* AVOID vigorous exercise for 1-2 days. Excessive sweating may cause skin to flake and peel prematurely which increases the potential for hyperpigmentation and acne breakouts.
* AVOID direct sunlight for the first 7 days. Direct or excessive sun exposure following treatment will cause adverse effects and can result in skin hyperpigmentation (sun spots).
* AVOID make-up for the first 12 hours following treatment.
* AVOID corrective or exfoliating products such as a facial brush or sponge, alpha Hydroxy Acids, Glycolic Acids, Retinol/Retin-A, and Tretinoin for 5 days following your treatment.
* Avoid astringent or alcohol based toners for 10-14 days
* Do not go swimming for at least 24-48 hours post treatment.

**POST-TREATMENT RECOMMENDED SKIN CARE:**

AM

1. Gentle Cleanser - Tizo Foaming Cleanser
2. Anti Aging Stem Cells - Factor 5 Serum
3. Moisturizer - Delicate Skin Tonic (reapply as needed)
4. Sunscreen - Tizo SPF 40 (tinted or non-tinted formula)

PM

1. Gentle Cleanser - Tizo Foaming Cleanser
2. Anti Aging Stem Cell - Factor 5 Serum
3. Moisturizer - Delicate Skin Tonic (as needed)

**TREATMENT RECOVERY TIMELINE:**

Day 1: Erythema and severity of redness will depend upon on the area of skin and treatment depth. The treatment area may feel tight, warm, sensitive to touch, appear flushed or sunburned with mild swelling.

Day 2: A red or pink hue persists like a moderate sunburn. Swelling may be more noticeable on the second day. You can apply a clean cool compresses for comfort. (Sleeping with your head elevated for the first 2-3 nights can help reduce swelling.)

Day 3-5: Swelling subsides. Skin may still appear pink or normal color. You can return to your regular skin care routine or as soon as it is comfortable to do so.

Typically After 7-days: Skin flaking and dryness has minimized and skin texture and tone are beginning to improve. 12+ weeks after the treatment series is complete improvement in fine lines, wrinkles, and scars can be noticed.