




## MICRONEEDLING – Pre & Post Care Instructions





### BEFORE your treatment:

 **AVOID** anti-coagulants and blood-thinning medications and supplements 4 days prior to treatment, when possible. If you are on a prescription medication, please speak with your doctor before discontinuing any medication.


 **MUST NOT** have new permanent makeup or injectables on or near the treatment area. Please ensure you have allowed adequate time (at least 2 weeks) for any permanent makeup or injectables to heal prior to Microneedling.


 **USE SUNSCREEN** with an SPF of at least 30 daily. Sun burnt skin cannot be treated. Skin that is thin, sensitized or compromised in any way may not be treated until fully healed.


 **AVOID** any irritating skin care ingredients, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for at 3 days prior to treatment. Please advise your technician if you are currently using any prescription creams or products.


 **DO NOT** pluck or wax the area at least one week prior to Microneedling. **DO NOT** use bleach or “Nair”-type products on the area for two weeks prior to treatment. This can cause irritation and burns to the skin.


### AFTER your treatment:


 **AVOID** excessive sun exposure and tanning beds or self tanning sprays/lotions for at least 48 hours after treatment. Daily sunscreen with an SPF of *at least* 30 is vital to protecting your new luminous skin!


 **AVOID** any strenuous activity and excessively hot showers, saunas etc., as well as swimming in chlorinated pools or the ocean for at least 48 hours.

 **AVOID** any irritants on and around the area, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for at least 5-7 days after your Microneedling treatment.

 **MUST NOT** have any further clinic treatments including, but not limited to, microdermabrasion, laser, IPL, chemical peels, or injectables such as Botox or dermal filler for at least two weeks after treatment.

 **DO NOT** pluck or wax the area at least one week after your Microneedling treatment. **DO NOT** use bleach or “Nair”-type products on the area for two weeks after treatment. This can cause irritation and burns to the skin.

 **YOU MAY** apply makeup 24-48 hours after treatment. Ensure you are using very clean makeup brushes and sponges for at least 5 days after your Microneedling treatment to avoid the risk of localized secondary infection.

 **USE** ZO Medical Revitrol Epidermal Repair Crème & Skin Protectant and Oclipse-C SPF 50 to protect and soothe your skin for 7-14 days after your Microneedling treatment. Additional homecare may be recommended based on your individual needs and desired results.

Your referrals are greatly appreciated. We will send you a \$50 gift certificate towards your next treatment for each friend or relative that you refer to us.

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NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

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