

# 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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## 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.

**dermalogica**