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## **Micro-needling Pre- and Post-Treatment Instruction**

Name \_\_\_\_\_ DOB \_\_\_\_\_ Date of treatment \_\_\_\_\_

*Please read the following and initial after each statement, acknowledging your consent*

### **PRE-TREATMENT INSTRUCTIONS:**

Discontinue use of Retin A, Retinols, Vitamin A creams and other topical medications for 3-5 days before and after your micro needling treatment. \_\_\_\_\_

Sun exposure and/or usage of a tanning bed, including self-tanning products must be avoided for a minimum of 24 hours before and after the treatment, preferably 1 week. Treatment within 24 hours of prolonged sun exposure (natural sunlight, artificial tanning booth, or sunless tanning products) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months or may even be permanent. A micro-needling treatment will not be administered on sunburned skin. \_\_\_\_\_

Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment and should not be used during your course of treatment. \_\_\_\_\_

No area to be treated should receive any type of Chemical Peel, neurotoxin (Botox, Xeomin, etc.) or fillers (Juvederm, Restylane, etc.) for 2 weeks prior to and after treatment. \_\_\_\_\_

Ablative procedures or other medical micro-needling should be avoided 4-6 weeks before and after \_\_\_\_\_

Waxing and/or use of chemical depilatories must be avoided for 2 weeks prior and after the treatment. Shaving is allowed immediately before treatment and 48-72 hours after treatment as long as there is no skin irritation \_\_\_\_\_

Contraindications; You may not receive treatment if any of the following apply \_\_\_\_\_  
Pregnant or lactating, history of skin cancer, using blood thinning medications.  
Active acne, psoriasis, rosacea, eczema, current herpes outbreak, insulin-dependent diabetes.  
Current bacterial, viral, fungal infection (skin or systemic), Immunosuppressant therapy

Surgical scars must be healed for 6 months prior to being micro-neededled \_\_\_\_\_

If you are prone to keloid scarring this treatment might not be for you. Please consult your doctor for advice. \_\_\_\_\_

Notify the provider of any tattoos, including cosmetic tattooing, in the vicinity of the area to be treated as tattoos must be avoided. That includes permanent makeup and micro-blading. \_\_\_\_\_

If you have a history of cold sores, we recommend you use prophylactic antiviral therapy in the form of Valtrex® or Acyclovir before your treatment. If so, follow the directions prescribed by your doctor. \_\_\_\_\_

During the course of your treatments, notify your provider/skin specialist of any changes to your medical history, health status, or personal activities that may be relevant to your treatment. \_\_\_\_\_

**POST-TREATMENT INSTRUCTIONS:**

No sunscreen or makeup for 24 hours. \_\_\_\_\_

Wear only mineral based/skin care makeup with new or sanitized applicators for 5 days. \_\_\_\_\_

No contact with animals/pets near the treated area, or on your hands for 24 hours. \_\_\_\_\_

Make sure your sheets and pillowcases are clean, especially for the first night. \_\_\_\_\_

No exercise that causes sweating, hot tub, sauna, steam baths, until redness/irritation subsided. \_\_\_\_\_

Sleep on your back with your head elevated slightly to reduce swelling. \_\_\_\_\_

Tylenol may be taken for discomfort. Ice packs may be used if desired to minimize swelling. \_\_\_\_\_

Sun exposure must be avoided for at least 3-5 days after your treatment, preferably 1-2 weeks. If you know you will get incidental sun exposure, i.e., driving to and from work, walking from your car to the house, etc., we recommend physical avoidance of the sun in all treated areas, a protective hat and a full spectrum sunblock of SPF 30 or higher (after 24 hours). \_\_\_\_\_

A sunburn-like effect is normal for 1-3 days. You will look and feel sunburned after the treatment. Severity of redness will depend on how aggressive the treatment was performed. The skin may feel tight, dry, swollen, and sensitive to the touch. The treated area may appear darker and the darkened skin may flake off within 1 week. Avoid picking or exfoliating the area and allow old skin to flake off naturally. \_\_\_\_\_

After Care Products and Regimen: Wash the treated area gently twice a day with a gentle cleanser. Use tepid water only. Apply a moisturizer or hyaluronic acid, as often as needed for the first 3 days. \_\_\_\_\_

Do not use exfoliating chemicals, or products containing the following ingredients on the treated areas for at least 5 days. \_\_\_\_\_

- Artificial Colors or Fragrance, Preservatives (Benzyl Alcohol, Parabens), Emollients
- Hydroxy or Salicylic Acids, Propylene or Ethylene Glycol, Surfactants (Sodium Laureth Sulfate, Benzalkonium Chloride) Emulsifiers (Cetyl Alcohol, Polyethylene Glycol)

Do not use alcohol-based toners, cleansers, or treatments for 10-14 days \_\_\_\_\_

As with all cosmetic procedures and treatments there is no guarantee of results or efficacy. For the best outcome we recommend a series of 3-6 treatments administered at 4-8 week intervals depending on the area and depth of the treatment. You may notice immediate results or it could take months beyond your last treatment before results are seen. \_\_\_\_\_

Patient Signature \_\_\_\_\_

Date \_\_\_\_\_

Provider \_\_\_\_\_

Date \_\_\_\_\_

Treatment recommendations: Area \_\_\_\_\_ # of treatments \_\_\_\_\_ interval \_\_\_\_\_