



## Microneedling PreConsultation Information

**Please reply with answers to the following questions immediately to determine candidacy for this procedure:**

- 1. List ALL medications you are on to include vitamins.**
- 2. List ALL health conditions.**
- 3. Have you ever experienced keloid scarring?**
- 4. Do you have any of the following allergies: lidocaine, epinephrine, tetracaine.**

**Please review all of the information listed below to prepare for your appointment.**

### **Contraindications include:**

- Keloid or raised scarring.
- History of Eczema, Psoriasis and other chronic conditions.
- History of Herpes Simplex infections.
- Uncontrolled Diabetes (Controlled must have a doctor's consent to move forward)
- Raised moles, warts or raised lesions in targeted areas.
- Patients must be off blood thinners for 3-5 days pre-micro needling
- If on any medications or drugs prescribed by a doctor need to be cleared prior to session
- Pregnancy (Approach with caution)

### **Absolute contraindications include:**

- Scleroderma (hardening of the skin).
- Collagen vascular diseases or cardiac abnormalities.
- Blood clotting problems.
- Active bacterial or fungal infection.
- Immune-suppression diseases.
- Scars less than 6 months old.
- Facial fillers in the past 10 days.
- Warts
- Accutane
- Eczema
- Photosensitivity
- Severe allergies
- Liver disease
- Hepatitis

**Possible side effects:**

- Redness
- Burning/ Stinging
- Dryness
- Flaking
- Track Marks
- Breakouts
- Swelling
- Rash
- Bruising (rare)
- Cold sores (rare)
- PIH (rare)



## **Collagen Induction Therapy / Micro-needling Pre-Treatment Instructions**

1. Avoid direct sun exposure or tanning bed at least 4 weeks prior to treatment and during treatment plan process.
2. Do not exercise the day of or for 48 hours after the induction treatment.
3. Avoid caffeine containing food or beverages day of treatment.
4. Avoid medications such as: Aleve, Advil, cold remedies, Vitamin E or aspirin 5 days prior to treatment.
5. Avoid Retin-A, chemical peels, injectable fillers or Botox 2 weeks prior to treatment.
6. Discontinue Hydroquinone, Retinoids, AHA's, BHA's, Benzoyl peroxide, and any other possible irritants 3-5 days prior to treatment.
7. Use a sunblock with an SPF 30+ with UVA/UVB Broad Spectrum protection daily.
8. Day of treatment wear comfortable clothing. Your top should button or zip rather than pull over the head.
11. Notify medical professional if you get cold sores. You will require supplement such as Lysine or an antiviral prescription to help avoid any breakout after treatments.
12. If you have open cuts, wounds, abrasions or during active acne or cold sores breakouts, we cannot perform the procedure in those areas.
13. Eat a healthy diet, whole food vitamins and minerals. It is also advisable to take 1250 mg of Liposomal vitamin C daily. This ensures an increase in vitamins internally and externally and will greatly aid in the healing process. Hyaluronic acid is recommended to retain moisture in the skin and prevent dehydration.
14. Drink 8 glasses of water/non-caloric fluids per day.



## Collagen Induction Therapy / Micro-needling Post-Treatment Instructions

### **What to be expected:**

- ◆ **Day 1:** Skin will be warm and flushed after treatment, depending on the intensity of the treatment. Pinpoint bleeding may occur. Do not apply makeup for at least 12 hours.
- ◆ **Day 2:** A red or pink hue persists like moderate sunburn. Swelling and slight bruising may be more noticeable on the second day. Minor scratches may be visible. Apply moisturizer as needed.
- ◆ **Day 3:** Skin can be pink or normal color. Swelling subsides. The skin can feel dry or feel tight. A slight outbreak of acne or milia (tiny white bumps) is possible. Light peeling may occur in roughly three days and will be replaced with brand new skin.

### **Home Care:**

1. Gently wash the treated area with a gentle cream cleanser and your fingers only. Gently massage the face with tepid water. Remove serum and other debris such as dried blood. Do not scrub, use a washcloth, Clarisonic brush or the cleanse-mode setting with heat on the My Skin Buddy. Cleanse treated area twice a day. Do not use exfoliating products for 72 hours.
2. Keep skin hydrated with post-care products provided by the professional who performed your treatment. It is very important to keep the skin hydrated the days following your treatment. New cell regeneration requires at least 6-8 8 oz. glasses of water a day (if you already drink that- consider increasing by 2 glasses)
3. Cool compresses may be applied following treatment for comfort. If neck or décolletage are treated, the redness might last slightly longer.
4. Do not exercise for 24 hours after treatment and avoid strenuous exercise for two to three days after treatment until redness completely subsides.
5. Avoid saunas, steam rooms, hot baths or showers until redness is gone.
6. Continue to avoid direct sun exposure to the treatment areas and apply a broad spectrum sunblock with SPF minimum of 30. Apply it at least 30 minutes prior to sun exposure and repeat after every two hours of sun exposure.
7. After 2-5 days or whenever the redness in the skin dissipates patients can return to regular skin care products or as soon as it is comfortable to do so. Mineral makeup may be applied the following day.
8. Avoid waxing, facials, Botox, injectable fillers or any other skin care treatment 10 days after treatment.



9. If skin becomes painful, swollen, red or inflamed, please notify your skin care professional, as this may represent an infection or allergic reaction that may require treatment.