

## MICRONEEDLING - PREPARATION

Avoid anticoagulants and blood thinning medications and supplements 4 days prior to treatment. If you are on a prescription medication, please speak to your doctor before discontinuing any medication.

Must not have new permanent make up or injectables on or near the treatment area. Please ensure you have allowed adequate time (at least 2 weeks) for any permanent make up or injectables to heal prior to microneedling.

Use sunscreen with an SPF 30 or more daily. Sun burnt skin can not be treated. Skin that is thin, sensitized or compromised in any way may not be treated until fully healed.

Sun exposure and/or use of tanning beds, including self tanning products must be avoided 24 before and after the treatment, preferably one week.

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 least 3 days prior to treatment. Please advise your technician if you are currently using any prescription creams or products.

Do not tweeze or wax the area one week prior to the treatment. This can cause irritation and burns to the skin.

If you have any open cuts, wounds, abrasions or cold sore breakouts, we can not perform the procedure.

## OPTIONAL PRE TREATMENT INSTRUCTIONS

Use cellular turnover treatment daily at night time for two weeks. Discontinue application week prior to treatment.

Apply vitamin C serum once daily for 2-3 weeks.

Eat a healthy diet and take omega 3 fish oil daily.