



# *New Beginnings Day Spa*

## **Dermneedling Pre & Post Instructions**

### **Pre -Treatment Instructions:**

- Avoid Accutane for the past 6 months.
- Do not use topical agents that may increase sensitivity of skin: retinoids, topical antibiotics, chemical exfoliants, acids (such as alpha hydroxyl acid (AHA) beta hydroxyl acids (BHA), exfoliating masks, salicylic acids, hydroquinone, and benzoyl peroxide acne products) 5-7 days prior.
- Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil for 3 days prior to treatment. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- Avoidance of IPL/Laser & chemical peel procedures, unprotected sun exposure or sunburn for **2 weeks** prior.
- No waxing, depilatory creams or electrolysis to area being treated 5-7 days prior.
- No shaving the day of the procedure to avoid skin irritation. If there is dense hair present in the treatment area, closely shave the area the day before you arrive to your appointment. Moles or warts cannot be treated.
- If you are prone to cold sores, it is recommended to take antiviral agent for 2 days prior to and day of treatment.
- Pinpoint bruising can be a normal side effect. Avoid blood thinning agents (aspirin) for 1 week prior. May resume day after treatment.

### **Contraindications**

- Pregnancy, actively infected or actively inflamed skin, skin irritation, cystic acne to area being treated, keloid scars, allergies to topical lidocaine and sunburn.

### **Day of Treatment**

- Skin is clean without lotion, oil, makeup, powder, perfume or sunscreen.
- Inform provider of any relevant changes in your medical history and of all medications you are taking.
- Topical Lidocaine will be applied in office for approximately 45 min prior to treatment.

## **Post – Treatment Instructions**

- Immediately after your Medical Dermaneedling procedure, your health care provider will apply a hyaluronic mask for 5-10 min and moisturizer.
- Do not take any anti-inflammatory medications such as ibuprofen Motrin or Advil for 1 week. DO NOT ice face or use arnica or bromelain. These agents may interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- **Avoid** sun tanning and prolonged exposure to direct sunlight for **2 weeks**. After 24 hours, always use a full spectrum sun screen SPF30 or above. When exposed to sun, wear a hat and apply sunscreen every 2 hours.

### **Day 1-3**

- **A sunburn -like effect is normal.** The skin may feel tight, dry, or sensitive to touch. Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment. Redness or sensitivity might well be present. Some small bruising is common and may last up to 5-7 days and swelling can last 2-4 days depending on how aggressive of a treatment you received.
- Avoid strenuous exercises that cause sweating, jacuzzi, sauna or steam baths for 24 hours or up to 48 hours if inflammation exists.
- Only use Mineral makeup after 24 hours.

### **Day 2-7**

- Possible peeling may start 3-5 days after treatment. You may notice dryness and flaking. This is due to an increased turnover of skin cells. Do not pick, scratch or scrub at treated skin! Allow old skin to flake off **naturally** and keep moisturized **AT ALL TIMES** with HAB5 Hyaluronic Serum and B3 Recovery Cream. Apply to skin every **2 hours** if needed.

### **Day 5-7**

- You may restart your regular skin care products and Retin-A once your skin is no longer irritated.

Many patients have noticed continued skin improvement for months following the last treatment. For best results, we recommend follow up and repeat treatments in 4-6 weeks and a series of 1-3 treatments depending on your personalized care plan.