



## Microneedling Treatment Pre and Post Instructions

<PersonallInfo.FullName>

<PersonallInfo.DOB>

Please read and follow all instructions listed below to learn how to prepare for your treatment and receive the best possible results.  
This procedure has a minimal recovery period, depending on treatment level and skin response.

If you have any questions or concerns regarding your treatment or the aftercare, please call (970) 223-0193.  
If you have an emergency, please call 911 or visit an emergency room.

### - PREPARING FOR YOUR TREATMENT -

**Avoid heavy sun exposure and self-tanning products.** Tanned skin cannot be treated.

**Stop all exfoliating skin care products 1 week prior to your treatment.** This includes retinols and exfoliating cleansers/pads.

**Avoid Treatments that may irritate the skin, 1-2 weeks prior.** This includes waxing, depilatories etc.

**Verify your pharmacy is current, pick-up your prescriptions and follow the instructions provided:**

Acyclovir (antiviral/for those with a history of cold sores)-  
**begin 2 days prior to treatment.**

**\*If you have used Accutane within the last 12 months, you CANNOT move forward with your microneedling treatment**

#### Item Checklist

Gentle Facial Cleanser  
Sunblock (SPF 50+)  
\*Post Care Kit- Provided by your Aesthetician

### - THE DAY OF YOUR PROCEDURE -

#### PRIOR TO ARRIVAL

- **Remove all makeup and lotions from face.** Face must be completely clean prior to prep for numbing application.

#### AFTER TREATMENT IS COMPLETED

- **A pink or red "sunburn" appearance** and feeling is common. You may experience skin tightness and mild sensitivity to touch to the area treated.

- **Redness will diminish greatly after a few hours** following the treatment and within 24 hours the skin will generally be calmed.

- **Avoid saunas, strenuous exercise and any activity** that may cause excessive heat to the treatment area for 24 hours.

- **You will notice skin dryness and flaking within two days,** this is a normal response to treatment.

#### DAY ONE

- **Do not use sunblock or wash your face.**

- **Moisturizer:** Use the full tube of "Skin Fuse Lift" (Labeled "1") every few hours as needed

- **Masque:** Refrigerate the Bio cellulose Masque for a few hours, then follow directions on the package for use. **Leave mask on for 15 to 20 minutes.**

#### DAY TWO- UNTIL ALL PRODUCTS IN KIT ARE GONE

- **Cleanser:** 24 hours after your procedure, wash face with cleanser provided in your kit. Use morning and evening until cleanser is gone.

**Moisturizer:** Continue use of Skin Fuse Lift (Labeled "1") until it is gone, then switch to the Skin Fuse Rescue Calming Complex (Labeled "2") every few hours until this product is gone over the next few days. Ceramide is included to be used as needed for sensitive and extra dry skin patches. After moisturizing products are gone, keep skin hydrated using a gentle moisturizer.

- **Sunblock:** Use sunblock as needed until it is gone.

**SUN BLOCK MUST BE WORN EVERY DAY AND REAPPLIED EVERY TWO (2) HOURS,  
EVEN WHEN NOT IN DIRECT SUNLIGHT. KEEP SUN EXPOSURE VERY LIMITED FOR THE NEXT 30 DAYS.**