



## PRE & POST MICRONEEDLING TREATMENT

### PRE-TREATMENT

- No Retin-A products or applications 12 hours prior to your treatment.
- No auto-immune therapies or products 12 hours prior to your treatment.
- No prolonged sun exposure to the face 24 hours prior to your treatment. A treatment will not be administered on sunburned skin.
- On the day of the treatment, please keep your face clean and do not apply makeup.
- If an active or extreme breakout occurs before treatment, please consult your clinician.

### **What Can Be Expected:**

Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after 1 to 2 hours and will normally recover within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots. Your clinician will talk with you about post-procedure skincare after the procedure to help soothe, calm and protect the skin. Continue to use for 3 days. Active skincare can resume again after Day 3.

### POST TREATMENT

- CLEAN – Use a soothing cleanser or face wash with tepid water to cleanse the face for the following 48 hours and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area.

- HEAL – Copper-based skincare is recommended post-treatment as the mineral properties are ideal to help heal the skin, but will also create a sterile skin, too. Resveratrol-based products can also help soothe the skin and lessen irritation.
- HYDRATE – Following your treatment, your skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to perfect balance.
- STIMULATE – In the days following your treatment, and as the skin starts to regenerate, collagen stimulating peptides are ideal to continue the stimulation.
- MAKEUP – It is recommended that makeup should not be applied for 12 hours after the procedure. However, your practitioner may be able to supply you with specialized mineral makeup product that they feel would be suitable for use during this period. Do not apply any makeup with a makeup brush, especially if it is not clean.
- PROTECT – Immediately after the procedure, apply a broad spectrum UVA/UVB sunscreen with a SPF30. A chemical-free sunscreen is highly recommended.

#### **What to Avoid:**

- For at least 2 hours post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Avoid intentional and direct sunlight for 24 hours. No tanning beds.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.

#### **Emergency Information**

Please contact Rejuvenations Medical Spa at 803-781-1201 during regular business hours if there are any questions or concerns with your treatment. For after hours or weekend, if you are concerned about anything you consider significant (non-medical) about your treatment, please call 803-781-1201. When voice prompted, SELECT OPTION TWO to leave a voicemail for Amy Powers Estes, the Managing Owner. She will be notified with an automatic transcribed message and will contact you upon receipt.