**Derma-Needling Post Instructions**

**Pre- Treatment Instructions:**

* Avoid Accutane for the past 6 months
* Do not use topical agents that may increase sensitivity of skin: retinoid, topical antibiotics, chemical exfoliates, acids ( AHA’s and BHA’s), 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 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 and chemical peel procedures, unprotected sun exposure or sunburn for 2 weeks prior.
* No Botox or, fillers for 3 weeks prior treatment
* No waxing, depilatory creams or electrolysis to area treated 5-7 days prior
* No shaving the day of the procedure top 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 your appointment and day of treatment.
* Pinpoint bruising can be a normal side effect. Avoid blood thinning agents (aspirin) for 1 week prior. May resume 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 sun burn.

**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

**Derma-Needling Post Treatment Instructions**

* Immediately after your medical derma-needling procedure, your health care provider will apply hyaluronic acid 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**

* Sunburn- like affect is normal. The skin may feel tight, dry or sensitive to touch. Treat skin gently washing with a gently cleanser, cool water, using hands only and pat to dry no earlier than 4 hours after treatment. Redness or sensitivity might be present. Some small bruising is common depending on how aggressive of a treatment you received.
* Avoid strenuous exercises that cause sweating, Jacuzzi, sauna or steam baths for 24 hours to up to 48 hours if inflammation still 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 treated skin! Allow old skin to flake off naturally and keep moisturized all times with HAB5 Hyaluronic serum and B3 recovery cream. Apply to skin every 2 hours if needed.

**Day 5-7**

* You may start 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.**