



MICRO-NEEDLING PRE TREATMENT INFORMATION

Important Notes

There may be some bleeding during the treatment which is temporary.

There may be some mild discomfort during the procedure.

Topical coolness or anesthetic cream may be used if needed for tolerance.

Treatment objectives:

- Help to build collagen.
- Smooth fine lines and may help fill in pitting or areas lacking structure.
- Smooth acne scars.
- Stimulate growth factors.
- Post care includes no aggressive or abrasive products for 48 hours after treatment and Revisions SPF shall be worn when outdoors.

Pre-Treatment Instructions

Avoid Accutane for 6 months prior to treatment.

Avoid retinoids, topical antibiotics, exfoliants, hydroquinone, sunburn, and benzoyl peroxide 3 days prior to treatment.

Avoid IPL/Laser procedures for 7 days prior to treatment.

No waxing, depilatory creams or electrolysis 5-7 days prior to the treatment.

Do not shave on the day of treatment.

Notify your provider of any significant changes in the skin recently including breakdown of skin or excess dryness or sunburn.

Do not use lotion, oil, makeup, deodorant, powder, perfume or sunscreen on the day of the procedure.

Notify your provider if you have a history of cold sores and use an antiviral agent for 2 days prior to and day of treatment if history of cold sores.

You cannot receive treatment today if:

You have active cold sores, herpes simplex, or warts in the area to be treated.

You have open sores, are sunburned, or have excessively sensitive skin within the application area.

You are pregnant, have dermatitis or inflammatory rosacea within the application area.

Day of Treatment Instructions

Do not use lotions, creams, make up or deodorant in the area to be treated.

Arrive with clean washed skin.

Inform provider of any changes in medical history and of all medications you are taking.



MICRO-NEEDLING POST TREATMENT INFORMATION

Post-Treatment Instructions

Immediately after your Micro-Needling procedure, your health care provider may apply Regenica, and Revisions SPF. Redness or sensitivity might be present (and last up to a few days) after the treatment.

You may use cool compresses after treatment if excessive discomfort, burning, redness, or swelling occur.

Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil as these medicines will interfere with the natural inflammatory process that is critical and responsible for your skins rejuvenation.

Only if the discomfort is unbearable may you use Tylenol only as needed for the soreness or discomfort.

Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, always use sun screen SPF30 or above we recommend Revisions SPF sunscreen.

Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment.

You may clean your face with a gentle cleanser before bed.

Stay away from exfoliants or glycolic acid cleansers as these can make your skin dry after the procedure.

Avoid strenuous exercise or sweating for 24 hours due to open pores.

You may use mineral makeup after 24 hours

On the day after your treatment, you may clean your face as usual and apply Regenica, Revisions SPF and your regular moisturizer. You may also apply makeup as usual.

Restart your regular skin care regimen in 48 hours and RetinA in 72 hours.

Peeling may start 3-5 days after treatment. Do not pick or scratch at treated skin but do keep it moisturized.

Avoid sun exposure for 3 days and if possible 10 days. Apply a Revisions SPF at least every 2 hours.

We recommend follow up and repeat treatments in 4 weeks and for best results a series of 3–5 treatments.

Use Revision SPF sunscreen daily to protect your skin from harmful UV rays as part of your regular skincare routine.

Possible Side Effects

Swelling and redness is normal and will subside within 48 hours.

Some pain after procedure may occur. You may take Tylenol 500mg 3 times a day if you are uncomfortable.

Some skin might scab 3 days' post procedure. Let it fall off naturally and don't pick the skin.

If you experience any signs of infection in the treated area within 24 hours, please contact your provider.

Repeat Treatment and Maintenance

Repeat treatments depend on your condition. The interval between each treatment is 1-2 months.

We recommend repeating the treatment 1-2 times a year for maintenance.

For better and more complete results we recommend to combine with Regenica.