PRE AND POST TREATMENT INSTRUCTIONS FOR DERMA-NEEDLING

Before
Discontinue the use of Aspirin or Advil 5 days prior to treatment.
Do not over-expose your skin to the sun or treatment will need to be rescheduled.

Day of
Drink plenty of water.
You have been given a topical to put on for your comfort before your treatment. At home, 30 minutes
before you arrive, cleanse the entire area to be treated; removing all makeup and moisturizers. You will
then apply the topical numbing cream to the entire area. (If you misplace your topical, a charge of $10
will be added to your service for the additional application.)

After Care
Immediately after the treatment, you may have redness and a slight swelling may be present.
Depending on the extent of the treatment, it can last a couple of hours to a few days. If you do have
some swelling or discomfort, ice can be applied to the area and Aspirin/Advil may also be taken.
Cleanse the area carefully with cool water only the evening of your treatment as well as the following
morning and evening. Follow your therapists continued homecare instructions exactly. Overall, keeping
the area moist is key as hydrated skin heals better.
NO SUNSCREEN for 24 hours following treatment. This is a precaution as we do not want this absorbed
into the skin.
It is advised that you do not wear makeup after your treatment unless necessary, at which point, a light
cost of mineral powder is acceptable. If flaking or crusting appears, do NOT pick the area. The skin may
feel slightly sore, tight and possibly itchy.

Until the healing process is complete (typically 4 days following treatment):
NO sun exposure
Stay out of the sauna or Jacuzzi
If you have pain or a rash develops, please call our office.
Some clients will see results from their very first treatment and others may require several sessions to
achieve desired results. Treatments can be done every 4-8 weeks depending on what we are concen-
trating on. Keep in mind, the results after your first treatment are not a real indication of the process of
remodeling and collagen reformation. Complete healing, including collagen strand and vascular devel-
opment can actually take 3 months to a year. Even after the collagen is laid down in the healing process,
it takes awhile to mature into a similar matrix of strong healthy dermal tissue.