



Micro Needling – Pre and Post Treatment Guidelines

Pre-Treatment Guidelines

- Avoid excessive **Alcohol, Aspirin, NSAIDs** (ibuprofen, Aleve)**Garlic, Gingko Biloba, Fish Oils and Vitamin E** for 5-7 days prior to your treatment unless recommended by your physician. This may help to decrease the risk of bruising during your treatment, but is not contraindicated.
- **Stop using topical retinoids 1 week prior to treatment**
- Avoid sun exposure 2 weeks prior to the treatment
- For **Cold Sore sufferers** - it is recommended to take anti-viral medication, the day before, the day of and the day after your treatment.
 - **Valtrex** - Take as directed
 - **Please let us know if you need a prescription**

What to Expect after your Treatment

- Immediate pinpoint bleeding can occur, which should resolve within 24 hours.
- Minor redness and swelling may occur for 1-2 days.
- Minor peeling and flakiness can occur after a few days. Don't pick at the loose skin.
- Call PURE Lifestyle Center 208-853-7873 if you experience excessive redness, swelling, pain, or drainage as these might indicate an infection.

Post-Care and Post-Treatment Guidelines

- The initial 72 hours post-procedure are the most critical.
- Avoid direct sun and heat for 1-2 weeks. This includes simple day to day tasks such as gardening, cooking over a hot stove for a long period of time, sitting next to a bonfire or fireplace, etc.
- Discontinue use of any Alpha-Hydroxy products 5 days after treatment. You may resume your home care regimen when skin is no longer flaking and peeling.
- Use hydrating and reparative products. Products rich in soothing and healing ingredients are best to encourage new healthy cell growth. Peptides, antioxidants, stem cells, vitamins A, C and E, and growth factors work very well.
- Use physical sunscreen with an SPF 30 or higher. Re-apply every 30 to 90 minutes. **Do NOT go outside without sun protection (even on a cloudy day).**
- Do not apply your regular make-up and SPF for a minimum of 24 hours after your treatment.
- Itching, redness and swelling are normal parts of the healing process. These symptoms rarely persist longer than 24-72 hrs.
- Do NOT scratch or peel the skin as this may cause permanent scarring
- Limit exercise the first week.
- Drink plenty of water.
- If you must wear makeup, we recommend one created specifically for post treatment skin, such as Jane Iredale.

Please call us if you have any questions 208-853-7873.

I have read and received a copy of the Pre & Post Micro Needling Treatment Guidelines.

Client Signature _____ Date _____

Esthetician Signature _____ Date _____