



MICRONEEDLING PRE-CARE GUIDE

Deco De Mode Toronto | Yorkville

To ensure the safety of your skin and the best possible clinical results from your XCellarisPro Twist treatment, please strictly adhere to the following guidelines.

● 7 DAYS BEFORE TREATMENT

- **Sun Protection:** Avoid prolonged sun exposure or tanning beds. We cannot treat skin that is sun-damaged, tanned, or sunburned.
- **Supplements:** If approved by your physician, discontinue blood-thinning supplements such as Fish Oil, Vitamin E, Ginkgo Biloba, and Garlic supplements to minimize bruising.

● 3–5 DAYS BEFORE TREATMENT

- **Active Topicals: STOP** using all Retinoids (Retin-A, Tretinoin, Differin, Tazorac) and high-strength Anti-Aging products.
- **Exfoliants:** Discontinue use of all Alpha Hydroxy Acids (AHA), Beta Hydroxy Acids (BHA), Glycolic, Lactic, and Salicylic acids.
- **Hair Removal:** Avoid waxing, electrolysis, threading, or the use of depilatory creams on the area to be treated.

● 24 HOURS BEFORE TREATMENT

- **Alcohol:** Avoid alcohol consumption as it can increase the risk of bruising and swelling.
- **Medication:** Avoid NSAIDs (Ibuprofen, Motrin, Advil, Aspirin) unless medically necessary, as these can increase bleeding. (Note: Tylenol/Acetaminophen is generally acceptable).

● DAY OF APPOINTMENT

- **Clean Skin:** Arrive with a "clean slate." Ensure the treatment area is free of makeup, lotions, perfumes, or sunscreen.
- **Comfort:** Eat a light meal and stay well-hydrated before your session.

- **Numbing:** If you have high sensitivity, please arrive 5–10 minutes early so our team can ensure your topical numbing is applied promptly.

IMPORTANT CONTRAINDICATIONS

Please contact the clinic immediately to reschedule if any of the following occur before your visit:

- You develop an active **Cold Sore** or Herpes Simplex outbreak in the treatment area.
- You have an active **Skin Infection**, open wound, or cystic acne flare-up.
- You have started a course of **Antibiotics**.
- You have used **Accutane** (Isotretinoin) within the last 6 months.

Questions?

Contact us at info@decodemodetoronto.com or call us directly at (416) 920-3326.