

NORTH MEDICAL SPA

PRE + POST CARE

ADVANCED MICRONEEDLING



We can't wait for you to visit North Medical Spa! In order to make sure you are fully prepared for your treatment please take a moment to review this "need to know info" below.

We want to ensure that you are fully prepared for your treatment and that you receive the very best results.

BEFORE MICRONEEDLING

Microneedling cannot be performed if the following is presented in the area being treated:

- Active cold sores, herpes simplex, open sores, or warts
- Excessively sensitive skin
- Dermatitis or inflammatory rosacea

Microneedling is not suitable if you are pregnant, or if Isotretinoin (Sotret, Claravis, Amnesteem, and Accutane) has been taken within 6 months.

If any of the above applies to you, please give us a call so that we can assist you in booking a more suitable treatment.

If you are prone to cold sores, this treatment may cause a breakout; ask your doctor for a prophylactic treatment such as Valtrex. Please use medication two days before, during, and two days after.

1 WEEK BEFORE TREATMENT:

- Avoid waxing, bleaching, electrolysis, tweezing, or the use of hair removal cream on the area to be treated.
- Do not book IPL/ Laser procedures within 7 days prior to treatment.
- Avoid prolonged sun exposure as well as self-tanner as we cannot safely treat excessively tanned or sunburned skin.

3 DAYS BEFORE TREATMENT:

- Discontinue exfoliating treatment(s) (glycolic, enzymes) to the area of treatment.
- Discontinue the use of topical prescription medications (Retin-A, Tazorac, Dierin, EpiDuo, Ziana).
- Avoid use of AHA's, BHA's, Retinoids, exfoliating scrubs, Benzoyl Peroxide or Hydroquinone for 24 hours prior to treatment.

DAY OF TREATMENT:

- For those with facial hair, shaving is not recommended on the day of treatment.
- Do not take any anti-inflammatory medications such as ibuprofen (Motrin or Advil) immediately before your appointment.

AFTER MICRONEEDLING

IMMEDIATELY FOLLOWING TREATMENT:

- Do not take anti-inflammatory medications such as ibuprofen (Motrin, or Advil). These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. Tylenol however, may be used in moderation.
- Avoid sun exposure post treatment for 3 days, or if possible up to 10 days.
- Avoid anything that causes sweating or flushing - this includes strenuous activities, hot temperatures, saunas, and hot baths/ showers.
- Redness or sensitivity might be present (and last up to a few days) after your treatment.
- Avoid exfoliants or glycolic acids that are present in cleansers as these can make your skin very dry after the treatment.
- Wait at least 4 hours post treatment before cleansing or moisturizing the skin. Be sure that your hands are clean before touching the skin.
- Use your Hale derma sheet masks as per the packaging instructions.

1 DAY FOLLOWING TREATMENT

- You may cleanse and apply moisturizing treatments as usual.
- Be sure to use an approved sunscreen with an SPF30 or higher.
- You may resume wearing makeup.

2-7 DAYS FOLLOWING TREATMENT

- Skin flaking and dryness is common - this is caused by an increase in turnover of your skin cells. Continue to apply a hydrating moisturizer.
- Retinol may be introduced 48 hours after your treatment.

SKINCARE RECCOMENDATIONS:

CLEANSING:

Cleanse the skin two times a day (morning and evening), using a gentle cleanser and lukewarm water. Apply the cleanser using light circular motions, rinse well and gently pat the skin dry with a clean towel. DO NOT rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area.

MOISTURIZER:

Moisturizer should be applied in a thin, even layer with clean hands over the treated area and reapplied whenever your skin feels dry. DO NOT apply any other products that were not instructed by your practitioner - eg. essential oils, coconut oil, etc.

SUNSCREEN:

Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. Use a physical sunscreen with a broad spectrum UVA and UVB protection and an SPF of at least 30. Be sure to reapply every two hours if you're spending time outdoors.

Remember that one is a treat, 3 to 5 is a treatment. Best results present themselves after 3-5 rounds of Microneedling spaced 3-4 weeks apart.

Everyone's skin is different and your results and recovery time may vary. We are here for you! If you have any questions or concerns following your treatment, please let us know. Thank you for trusting us with your skin!

Love,

Your Best Friend in Skincare