



PRE AND POST INSTRUCTIONS FOR MICRO-NEEDLING

Please make sure that you have informed your provider of any medication you are taking, and any and all skin care products you are currently using. It is also very important to make us aware of any allergies you may have to products or latex.

3 weeks prior to treatment- Discontinue all waxing and/or laser treatments in the area to be treated.

1 week prior to treatment- Discontinue use of products containing Alpha Hydroxy Acids, or Retinol. Start applying AVST vitamins A,C and E body oil to face 1-2 times per day.

On the day of your treatment, we will apply a topical numbing cream (Lidocaine 23% Tetracaine 7%) for about 45 minutes.

Immediately after your treatment, we will apply A,C and E body oil to your face. Your skin will be red and flushed in a similar way to a moderate sunburn. You may also experience skin tightness and mild sensitivity to touch on the area being treated. You should wash your hands before touching treated area, and avoid exposure of the area to surfaces containing bacteria. Sunscreen should not be applied at this point, so it is advised to take extra caution to sun exposure for the rest of the day after your treatment. You should not wash your face or apply makeup until the next day.

24 hours post treatment- Wash face gently with a small amount of Sebuwash. Apply a small amount of Apres-Cit followed by a small amount of AVST A C and E body oil. Apply a generous amount of Elta Physical UV Sunscreen. *sunscreen must be chemical free*

Only mineral based cosmetics may be used the first week while skin is healing. Normal skin care routine may be resumed when skin is completely healed.