



Collagen Induction Therapy (Microneedling) Pre & Post Care Instructions

PRE CARE INSTRUCTIONS:

Please arrive with clean skin

No active sunburns

No self tanner or spray tans within 2 weeks

No retinol 7 days prior

No active acne or open lesions

Not recommended for women who are pregnant or nursing

Contraindications include:

Keloid scars, history of eczema, psoriasis and other chronic conditions, history of actinic (solar) keratosis, history of Herpes Simplex infections, history of diabetes, presence of raised moles, warts on targeted area.

Absolute contraindications include:

Scleroderma, collagen vascular diseases or cardiac abnormalities, Blood clotting problems, active bacterial or fungal infection, immuno-suppression.

POST CARE INSTRUCTIONS:

1. Immediately after treatment, most patients will experience redness for 1-3 days, however for more aggressive treatments this may last longer. Slight to moderate swelling and a mild to moderate sunburn sensation are also common post treatment and may last 1-3 days. Skin may crust and peel for 2-7 days depending on treatment settings.

2. A topical ointment such as Aquafor may be applied to the treatment area, no bandages

or wraps are necessary. Your provider will inform you when you may resume the use of your usual skin care products.

3. Treat the skin gently, avoid scrubbing or trauma to the treated area. Use water only or a gentle cleanser for the first 24-72 hours.

4. Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation). Use SPF 50 after 24-48 hours.

5. Multiple treatments over a period of several months may be required to achieve the desired response. You may notice immediate as well as longer term improvements in your skin.

6. Avoid strenuous activity for 48 hours.