



## *Cosmetic Dermal/Micro Needling Pre and Post Treatment Care*

This beautiful, all natural treatment is going to help us optimize Skin Health! It will allow us to help regulate and assist cell function through essential building blocks, nutrition, supplements, topicals, serums, and creams.

This is a treatment for individuals that have a specific goal in mind. Individuals that prepare and are committed to a regimen in order to achieve their goal. *This is not a quick fix approach!*

Prepare for your treatment at least 30 days prior. Keep hydrated, take your dietary supplement as usual and stay healthy. Avoid a Covid19 vaccination 30 days prior and after.

### **Prescription Medications:**

If you are under the care of a physician and taking prescribed medications, you should check with your doctor regarding interaction prior to scheduling an appointment. Tylenol can be taken prior to treatment but avoid Advil/Ibuprofen and Aspirin for 7-14 days prior to treatment.

### **Prep For Your Procedure:**

- DO NOT drink coffee, alcohol or energy drinks 24 hours before your procedure to avoid bleeding/oozing and scab formation.
- DO NOT discontinue medication prescribed by your physician without consulting them first. Otherwise, at least 48 hours prior to the procedure.
- **You should avoid taking the following:**  
Advil, Aleve, Aspirin, and their generic equivalents, Fish Oils, Vitamin E, Blood Thinners (consult your physician).



## General Rules for Cosmetic Dermal/Micro Needling

### Procedure:

- We recommend washing your hair if needed before the procedure is done. It would truly benefit the skin to allow all the wonderful ingredients we apply after the treatment to penetrate and continue doing their job throughout the night.
- Avoid laser treatments, chemical peels and intensive facial treatments 1 month prior and after the procedure.
- If currently on Accutane to treat acne, the procedure may not be performed before at least 6 months after the completion of the treatment.
- Do not work out the day of the procedure or the week after. Moderate work out can be done within the second week. Keeping your body temperature cool is extremely important to help avoid stimulation of the melanin hormone.
- Avoid heavy exercise and sweating for the the week of the treatment. Moderate exercise can be done within the second week but avoid heavy sweating.
- No clarisonic (or sonic of any kind), washcloths, abrasive pre-cast for at least 10 days after treatment.
- Stop the use of multivitamins 24 hrs before your procedure.
- No electrolysis on the areas of the procedure for 30 days.
- Do not use marijuana for 24 hours before your appointment.
- Avoid caffeine prior to your procedure.
- Taking antihistamines after procedure may be helpful. We can easily trigger a histamine reaction during the procedure.
- Avoid direct water on the treated area, the day of the procedure.
- No pools until the skin is fully healed, we advise a full two weeks at least.
- Please allow time for the procedure to fully heal before going on vacation. Keep in mind that the wound healing is very important especially during Covid.
- Dry skin or itching, tenderness to treated area is normal! These symptoms will dissipate.
- Your Personalized Facial Treatment will take place within 7-10 days after your treatment procedure.



## Morning Routine:

### 1. Cleanse:

Wash with 302 Bar for two minutes each time you wash and rinse. Only use your fingertip with cleanser when washing the treatment area. Do not apply the 302 Bar directly on the skin, instead, lather it in your hand and apply to your face gently.

Wash with Sensitive Cleanser for two minutes.

Gently pat the skin dry with clean towel, go to the fridge and apply a full dropper of Signal Plus (Stemcell) gently pat it into the skin until absorbed.

### 2. Revive:

Apply a pump of Revive on face, neck and décolleté.

### 3. Serums:

Mix together a pump of Pro Hay +, Ceramide Serum, and 302 Serum with 2 pumps of calming mist. Gently apply until completely absorbed on face, neck and décolleté and let completely dry.

### 4. Dry/Sensitive Moisturizer and Sunblock:

Apply a bean size drop of moisturizer with wet fingertips and apply until absorbed on entire face and décolleté.

Apply sunblock on entire face and décolleté.

Apply makeup if desired.

## Evening Routine:

### 1. Cleanse:

Wash with 302 Bar for two minutes each time you wash and rinse. Only use your fingertip with cleanser when washing the treatment area. Do not apply the 302 Bar directly on the skin, instead, lather it in your hand and apply to your face gently.

Wash with Sensitive Cleanser for two minutes.

Gently pat the skin dry with clean towel.

### 2. Revive:

Get a full pump of Revive and apply on face, neck and décolleté.

### 3. Serums:

Mix together 1/2 dropper of Copper Peptides with 1/2 dropper Intense Corrective Vitamin Skin Serum and apply all over face, neck, and décolleté.

### 4. Dry/Sensitive Moisturizer:

Apply a bean size drop of moisturizer with wet fingertips and apply until absorbed on entire face and décolleté.

*Adjustments can be made on your home regimen to help you reach your desired goal.*