

## Microneedling Treatment Instructions

Please remember that aftercare **is under your control** and what you do has a direct effect on the success of your treatment. For optimal results, and to minimize the chances of adverse effects, please adhere to the following instructions and recommendations:

### **AFTER YOUR MICRONEEDLING TREATMENT:**

- Immediately after treatment, you should apply an ice pack, as there may be mild swelling. It is normal for the treated area to feel like sunburn for a few hours. You should use a cold compress if needed. Avoid any trauma to the skin for up to 2-5 days, such as bathing with very hot water, strenuous exercise, or massage.
- Wash the face thoroughly one hour after treatment. Gently massage the face with lukewarm water and a gentle face wash, remove all serum and other debris such as dried blood.
- Take precautions against sun exposure.
- Do not apply makeup for at least 5 hours after the treatment.
- Microneedling may trigger a cold sore response in patients, and a prophylaxis medication may be recommended to those who are prone to breakouts.
- For the first 1-3 days the skin will be very dry and feel tight.
- After 2-3 days patients can return to regular skin care products or as soon as it is comfortable to do so.
- Avoid alcohol based toners for 10-14 days.
- Avoid direct sun exposure for at least 10 days, if possible.

### **PRIOR TO YOUR MICRONEEDLING TREATMENT:**

- Microneedling is not performed on pregnant or breastfeeding patients. It is your responsibility to inform our staff of your health status including any medication and cancel/reschedule your appointment should you be pregnant or breastfeeding.
- Please remember that our obligation is to your aesthetic needs and if you have a social or occupational commitment that precludes a safe appointment and the appropriate recovery time then simply use "common sense caution" and kindly reschedule.
- No Retin-A products or applications for at least 72 hours prior to treatment.
- No prolonged sun exposure or sun burns to the treatment area 24 hours prior to treatment.
- It is recommended to discontinue the use of Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.

- Skin should be clean and make-up free.
- If an active or extreme breakout occurs before treatment, we will evaluate on a case by case basis.

#### **TREATMENT RECOVERY TIMELINE:**

- Day 1: Erythema and red appearance; severity will depend upon intensity of the treatment.
- Day 2: A red or pink hue persists like a moderate sunburn. Swelling may be more noticeable on the second day.
- Day 3-5: Skin can be pink or normal color. Swelling subsides.

#### **Communication:**

The most important person at Look Lab is you, the patient! We are 100% committed to giving you the perfect experience! Please let us know how we're doing by emailing us at [hello@LookLab.com](mailto:hello@LookLab.com) or leave us a review on any social media platform (Google, Yelp, FaceBook).

Please notify our clinical staff at 833.999.5665(LOOK) immediately with any medical questions you may have and always feel free to make an in-person appointment for an evaluation if you have a concern. In case of an emergency please visit the emergency room.

Anything you forgot to ask? Send us a direct message on Instagram

**@LookLabMedSpas**