

## BEFORE & AFTER COLLAGEN INDUCTION THERAPY (Microneedling)

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### **BEACHWOOD PLASTIC SURGERY & MEDICAL SPA**

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### **WESTLAKE PLASTIC SURGERY & MEDICAL SPA**

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A few days before your micro needling treatment you must avoid the following:

- Electrolysis
- Waxing Depilatory creams
- Retin-A, Renova, Differin, Tazorac
- Any products containing retinol or benzoyl peroxide
- If you're prone to cold sores (herpes simplex) pre medication is required
- Avoid smoking at least 3 hours before & after the treatment

Patients who have had medical facial treatments or procedures (e.g. Laser Therapy, Surgical procedures, Ulthera™, or Chemical Peels, should wait until skin sensitivity completely resolves before receiving microneedling. Note: Use of the products listed above prior to the treatment may increase skin sensitivity and cause a strong reaction.

### **Patient who should not be treated**

Patients with active cold sores or warts, skin with open wounds, who are prone to keloids, dermatitis, or have a sunburn. This treatment is not recommended for patients who are pregnant, or have received chemotherapy or radiation therapy within the last year.

**Post Microneedling Instructions:** It is crucial to the health of your skin and the success of your treatment that these guidelines be followed:

1. It is imperative to use a sunscreen with a SPF of at least 30 and avoid direct sunlight for at least 1 week.
2. Patients with hypersensitivity to the sun should take extra precautions to guard against sun exposure.
3. Your skin may be red for 2-3 days. Please avoid strenuous exercise during this time. If neck or décolletage are treated, the redness might last slightly longer. Dryness may occur 1 week after treatment.
4. When washing your face use your fingers only. Do not scrub, use a wash cloth or a clarisonic brush.
5. For 3-4 days post treatment please use a gentle SOAP FREE cleanser and the appropriate moisturizer recommended by your aesthetician. You may use as needed to relieve any dryness and tightness. Finish with sun protection of at least a 30+.
6. Do not have any other facial treatment for at least 1 wk after the treatment.
7. After the treatment you will leave red, may have slight swelling in areas, and may have a few micro abrasions. Patients will experience different levels of redness and swelling based on the intensity of the treatment and condition of the skin prior to treatment.
8. You may resume the regular use of Retin-A, Alpha Hydroxy Acid, or beaching creams ONLY after the redness is completely gone.