

**MEDICAL Level Post- Microneedling Treatment Instructions**

In order to achieve the best results from your microneedling treatment we ask that you read and understand the following instructions. Make sure to have the recommended items before your treatment (mineral sunscreen, makeup, gentle cleaners and water-based moisturizer)

1. Your recovery time will be influenced by how aggressive a treatment you’ve received and your individual skin’s response. For your MEDICAL level microneedling treatment, you should expect a recovery time between 7-10 days.
2. NO makeup (foundation, powders, blush), for 24 hours. It is recommended to use mineral makeup after that time. Do not touch your face with your hands unless they are freshly washed. Regular eye makeup and lipstick is okay.
3. Direct sun exposure, spray tanning or self-tanning, avoid for 7-10 days; Mineral or Zinc sun block is mandatory, if outside, and should be reapplied every 2 hours
4. Waxing treatments: Avoid for 14 days.
5. Facial Treatments, avoid for 21 days: Microdermabrasion, laser, intense pulsed light, chemical peels, cosmetic tattooing, muscle relaxant injections and dermal fillers.
6. Intensive exercise (sweating) or swimming: Avoid for up to 7-10 days after treatment; intensive cardio, exercise or gym regimens, no sauna/steam, chlorinated pools, or ocean.
7. No Scrubs or Exfoliating Products: Vitamin C, Retin-A, Astringents, Acids, or products containing alcohol/fragrance/chemicals, etc. for 7 days.
8. Increase water intake to include at least 8 glasses.
9. Wash treated area with gentle cleanser (Dove or baby wash) only with your hands, for next 5 days post treatment. Do NOT use washcloths as it can irritate your skin.
10. Use water-based moisturizer for the next 5 days after treatment.
11. Avoid skincare products containing any of the following active resurfacing ingredients for up to 10 days following treatment: Alpha hydroxyl acids (AHA’s) (including but not limited to glycolic, lactic or malic acid, beta hydroxyl acid (BHA) including salicylic acid, benzoyl peroxide, retinoids (including but not limited to) tretinoin, retinol and retinaldehyde, hydroquinone, high levels of Kojic or azelaic acid, alcohol (including but not limited to) isopropyl alcohol/de-natured alcohol/rubbing alcohol.
12. Allow 4-6 weeks before another MEDICAL microneedling treatment

I understand and agree to comply with the above instructions.

*Signature: Date:*