



## Pre-Treatment Instructions

Please discontinue the use of Retin A, Retinols, Vitamin A creams and other topical medications for **3-5** days before your micro-needling treatment. You will need to wear a sunscreen daily and use non-exfoliating moisturizers

Post-Operative care for Microneedling

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Patient Name

Licensed Esthetician Performed By

Date

### What to Expect:

- Redness, sensitivity, or a burning sensation may occur for up to 36 hours post treatment.
- Hypo/Hyperpigmentation may occur after the treatment.
- Slight peeling may start 3-5 days after treatment.

### Precautions to take following treatment:

- Avoid direct sunlight for 5-10 days, degree of sensitivity may vary per person
- Wear a wide brim hat
- Avoid picking at the skin in the treated area
- Avoid engaging in rigorous exercises, hot baths, or showers 72 hours after procedure/Tx
- Avoid taking anti-inflammatory medications such as ibuprofen, Naproxen, or Advil

### Care of the Treated Area:

- Apply Serum (ask our office what we recommend) and Sunscreen SPF 30 topically
- Clean face with a gentle cleanser before bed
- Clean the area with cool water, a gentle cleanser, using only your hands, 4 hours after the Tx, Pat dry
- Use a cool compress on treated area should discomfort persist

- Follow post peel instruction sheet as indicated
- Eat fresh pineapple to optimize healing
- Beauty regimen may commence 48-72 hours after treatment, contingent if skin has completely healed
- Refissa may be used after 72 hours
- Sunscreen SPF 30 or more must always be worn, especially the first 72 hours, and should NOT be massaged in

*Compliments of Sarita Skin & Laser*

1. Post treatment care:

- The patient must avoid direct sun exposure for 5 days.
- The patient should avoid vigorous activity, sweaty exercise and sun exposure for 72 hours (3 days) after the procedure
- The patient should apply a sunblock/screen daily for the first 3 days.
- The patient should apply the sunscreen in the morning and if directly in the sun every 2 hours.
- The patient should not massage the sunscreen into the skin.
- The patient should apply a moisturizer if the skin feels unbearably dry.
- Other facial aesthetic treatments are not recommended for at least a month following the Rejuvopen treatment.

NOTE: This product is not intended for transdermal (under the skin) delivery of topical products such as cosmetics, drugs, or biologics.

## Post-Procedure Instructions

- No sunscreen OR makeup for 12 hours following treatment
- Wash the face a few hours after treatment or before bed time. Use gentle cleanser.
- 12-72 hours post-treatment mineral makeup can be applied. Along with the gentle cleanser, use hyaluronic acid serum, and physical sunblock with an SPF of 30 or higher. If your skin is very sensitive and you feel you need more protection, use an occlusive balm such as Aquaphor.
- After 48 to 72 hours following treatment, you may return to regular skin care regimen. Retinol products are strongly suggested to use for optimal results.
- Avoid alcohol-based toners for 10-14 days as well as excessive sun exposure for 10 days.

\* For treatment of acne scars and skin rejuvenation usually 5-8 treatments are recommended. A combination of medical grade chemical peel (3 treatments) will give you better results for acne scars, treatments recommended to be 4-5 weeks apart.

\* For management of stretch marks and surgical or keloid scars usually up to 8-10 treatments are required, spaced apart every 5-6 weeks. More time in between treatments is suggested due to the aggressive trauma to the skin, allowing proper recovery time to avoid over-stimulation. If scars/stretch marks are 6 months old or younger, less time in between treatments is okay.

**What to Avoid:** To ensure the proper healing environment, be certain to observe the following:

- For at least 2 hours post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Avoid intentional and direct sunlight for 24 hours. No tanning beds.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.