



Microneedling Pre- and Post-Treatment Consent Form

Like all cosmetic procedures, microneedling is not without risk. The most common side effect is minor skin irritation immediately following the procedure. You may also see redness for a few days. Please contact me if you notice more severe side effects, such as:

- Excessive bleeding
- Excessive bruising
- Infection
- Excessive peeling

Please read the following and initial after each statement, acknowledging your consent

PRE-TREATMENT INSTRUCTIONS:

- Discontinue use of Retin A, Retinols, Vitamin A creams and other topic medications for 3-5 days before and after your micro needling treatment.
- Sun exposure and/or usage of a tanning bed, including self-tanning products must be avoided for a minimum of 24 hours before and after the treatment, preferably 1 week. Treatment within 24 hours of prolonged sun exposure (natural sunlight, artificial tanning booth, or sunless tanning products) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months or may even be permanent. A Micro Needling treatment will not be administered on sunburned skin.
- Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment and should not be used during your course of treatment.
- No area to be treated should receive any type of Chemical Peel for 2 weeks prior and after treatment.
- Waxing and/or use of chemical depilatories must be avoided for 2 weeks prior and after the treatment. Shaving is allowed immediately before treatment and 48-72 hours after treatment as long as there is no skin irritation.
- You may not be pregnant or lactating for this treatment.
- You may not be on blood thinners.
- You may not have active acne or open lesions on the treatment area.
- You may not have been treated for skin cancer in the desired treatment area.
- Surgical scars must be healed for 6 months prior to being micro needled.
- If you are prone to keloid scarring this treatment might not be for you. Please consult your Doctor for advice.
- Notify the provider of any tattoos, including cosmetic tattooing, in the vicinity of the area to be treated as tattoos must be avoided. That includes permanent makeup and microblading.
- If you have a history of cold sores, we may recommend you use prophylactic antiviral therapy in the form of Valtrex® or Aycylovir before your treatment. If so, follow the directions prescribed by your Doctor.
- During the course of your treatments, notify your Aesthetician of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.



POST-TREATMENT INSTRUCTIONS:

- Avoid makeup for at least 24 hours, and make sure to use only skin care makeup until the skin has healed.
- Avoid contact with anything that could infect the skin.
- Make sure your sheets and pillowcases are clean, especially for the first night.
- A slight sunburn-like effect is normal for 1-3 days. Severity of redness will depend on the sensitivity of each individual and how deep the treatment was performed. The skin may feel tight, dry and sensitive to the touch.
- Avoid picking or exfoliating the area and allow old skin to flake off naturally, avoid touching the skin
- Follow the aftercare instructions of your therapist. Wash the treated area gently twice a day with a gentle cleanser. Use tepid water only. Apply your prescribed aftercare serum once a day under a soothing, healing moisturizer or oil, as often as needed for the first 5 days.
- Sun exposure must be avoided for at least 48 hours after your treatment, preferably 1-2 weeks. However, we recommend physical avoidance of the sun in all treated areas, a protective hat and a full spectrum sun block of SPF 30.
- Do not use exfoliating medications, chemicals, or products on the treated areas for at least 1 week.
- No exercise that causes sweating, Jacuzzi, sauna, or steam baths if any skin irritation exists for at least 48 hours or 5 days if your skin is particularly sensitive and red .
- Sterile ice packs may be used if desired to minimize swelling.
- Sleep on your back with your head elevated slightly to reduce swelling if it occurs (not very common).
- For best results and efficacy, we recommend a series of 3-6 treatments administered at 2 week intervals.
- You may notice immediate as well as longer term improvements in your skin.