



MICRONEEDLING PRE-TREATMENT

Preparing Skin: Drink 8 glasses of water per day.

Avoid sun exposure or tanning bed at least 3 weeks prior to treatment and during the treatment process.

Do not exercise the day before or for 48 hours after the injection treatment.

Eat a healthy diet, whole food & vitamins. Avoid caffeine containing food or beverages the day of treatment.

Avoid medications such as: Aleve, Advil, cold remedies, Vitamin E or aspirin 5 days prior to treatment.

Use a sun block with an SPF 30+ with UVA/UVB Broad Spectrum protection.

Avoid Retin-A, chemical peels, injectable fillers or Botox 2 weeks prior to treatment.

Notify us if you have or have had cold sores in the past. You can get an anti-viral prescription to avoid any breakout after treatments.

If you have open cuts, wounds, sunburns/burns, abrasions or active acne or cold sores breakouts, we cannot perform the procedure.

MICRONEEDLING POST-TREATMENT

What to be expected: Day 1: Skin will have an abnormal redness of the skin or mucous membranes due to the accumulation of blood in dilated capillaries after treatment, depending on the intensity of the treatment. Pinpoint bleeding may occur. Do not apply makeup for at least 12 hours.

Day 2: A red or pink hue persists like moderate sunburn. Swelling and slight bruising may be more noticeable on the second day. Minor scratches may be visible. Apply moisturizer as needed.

Day 3: Skin can be pink or normal color. Swelling subsides. The skin can feel dry or feel tight. A slight outbreak of acne is possible. Light peeling usually occurs in about three days and will be replaced with brand new skin.

Home Care: Wash with a gentle cleanser using your fingers only. Gently massage the face with lukewarm water. Remove serum and other debris such as dried blood. Do not scrub, use a wash cloth. Cleanse areas treated twice a day. Do not use exfoliating products for 72 hours. After 2-3 days patients can return to regular skin care products or as soon as it is comfortable to do so.

Cold compresses may be applied following treatment for comfort. If neck or décolletage are treated, the redness might last slightly longer. Apply 1% Hydrocortisone cream if you choose or Benadryl spray or gel on treated areas to reduce itching or redness.

Do not exercise for 24 hours after treatment.

Avoid saunas, steam rooms, hot baths or showers until redness is gone.

Continue to avoid sun exposure to the treatment areas and apply a broad-spectrum sunblock with SPF minimum of 30. Apply it at least 30 minutes prior to sun exposure and repeat after every two hours of sun exposure.

Avoid waxing, facials, botox, injectable fillers or any other skin care treatment two weeks after treatment.

New cell regeneration requires at least 6-8 8 oz. glasses of water a day

If skin becomes painful, swollen, red or inflamed, please notify us immediately.

If you have any questions, please contact us

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