



TREATMENT REGIMEN AND CARE

Prior to Treatment: Prior to the microneedling treatment, please observe the following:

- No Retin-A products or applications 12 hours prior to your treatment.
- No auto-immune therapies or products 12 hours prior to your treatment.
- No prolonged sun exposure to the face 24 hours prior to your treatment. A Dermapen treatment will not be administered on sunburned skin.
- On the day of the treatment, please keep your face clean and do not apply makeup.
- If an active or extreme breakout occurs before treatment, please consult your practitioner.

What Can Be Expected: After your microneedling treatment, please be aware and observe the following:

- Immediately after your microneedling treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after 1 to 2 hours and will normally recover within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.
- Your practitioner will prescribe post-procedure skin care after the procedure to help soothe, calm and protect the skin. Continue to use for 3 days. Active skincare can be resumed again after Day 3.

Instructions: Be certain to adhere to the following post-treatment instructions:

- **CLEAN** – Use a soothing cleanser or face wash with tepid water to cleanse the face for the following 48 hours and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area.
- **HEAL** – Copper-based skincare is recommended post-treatment as the mineral properties are ideal to help heal the skin, but will also create a sterile skin, too. Resveratrol-based products can help soothe the skin and lessen irritation.
- **HYDRATE** – Following your Dermapen treatment, your skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to perfect balance.
- **STIMULATE** – In the days following your Dermapen treatment, and as the skin starts to regenerate, collagen stimulating peptides are ideal to continue the stimulation.
- **MAKEUP** – It is recommended that makeup should not be applied for 12 hours after the procedure. However, your practitioner may be able to supply you with specialized mineral makeup product that they

feel would be suitable for use during this period. Do not apply any makeup with a makeup brush, especially if it is not clean.

- PROTECT – Immediately after the procedure, apply a broad spectrum UVA/UVB sunscreen with SPF 30. A chemical-free sunscreen is highly recommended.

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.

Post Procedure Instructions: Lift and Rescue

- Wash hands before applying any topical serums
- Lift: Hyaluronic Serum to be applied day of treatment and day after treatment as much as needed. Skin will feel tight.
- Rescue: to be applied day 3-5