

MICRO NEEDLING PRE & POST CARE INSTRUCTIONS

Pre-Treatment Instructions:

- Discontinue use of all retinol products for 72 hours prior to your treatment.
- Avoid prolonged sun exposure or sun burn in the treatment area for 48 hours prior to your appointment.
- Discontinue use of aspirin, ibuprofen, or non-steroidal anti-inflammatory products for at least 7 days prior to your treatment.
- Clients with a history of viral infections such as herpes simplex or cold sores may need to be prescribed an appropriate anti-viral medication to take prior to treatment to prevent a possible breakout.
- If an active or extreme acne breakout or any other skin condition such as a rash occurs, contact the spa before your treatment, as rescheduling your appointment may be necessary.

Post-Treatment Instructions:

- Avoid direct sun exposure for at least 7-10 days post treatment. Absolutely NO tanning beds.
- Apply a broad-spectrum UVA/UVB, chemical free sunscreen containing zinc oxide and/or titanium dioxide of at least SPF 30 designed for post procedures (but please wait 24 hours post treatment).
- NO exercising/working out, sweating, saunas, hot tubs, or hot showers for a minimum of 48 hours.
- Do not apply makeup on the same day as your treatment unless it is Oxygenetix Oxygenating Foundation®.
- Cleanse your skin with tepid water thoroughly while gently massaging to remove debris if necessary. Carefully pat dry with a clean towel.
- Only use post procedure skincare products prescribed by Trio Med Spa to calm, soothe and protect the skin for 3 days post treatment. We recommend NEOCUTIS Gentle Skin Cleanser®, NEOCUTIS BIO-SERUM FIRM or Oxygenetix Oxygenating Moisturizer® and SkinMedica Essential Defense Post-Procedure SPF 35®.
- Do not use harsh exfoliants, products containing AHA/BHAs, Vitamin C or retinoids for at least 7 days after your treatment.

Downtime:

Swelling and redness is normal immediately after the treatment. The treated area will appear similar to a sunburn. Minor pain, discomfort, warmth, and tightness may be experienced. This will begin to subside a few hours after your appointment. Fast recovery is normally observed within the first 24 hours with only slight redness the following day.

- The skin will feel tight and dry for the first 3 days post treatment.
- Some skin may scab a few days post procedure. Do not touch or pick these areas- they will fall off naturally.
- You may return to your normal skincare regimen 7 days after your treatment or as soon as it is comfortable to do so.