

# RENEW

LASER & AESTHETICS

## MICRONEEDLING PRE AND POST PROCEDURE INSTRUCTIONS

It is crucial to the health of your skin and the success of your treatment that these guidelines are followed.

### PRE TREATMENT INSTRUCTIONS

- **Medications & Products:**
  - Avoid Accutane for six (6) months prior to treatment.
  - Discontinue retinoids, acids (AHA/BHA), hydroquinone, topical antibiotics, benzoyl peroxide, and exfoliants four (4) days before treatment.
- **Procedures & Hair Removal:**
  - Avoid IPL/laser treatments for seven (7) days and waxing, depilatory creams, or electrolysis for five to seven (5-7) days prior.
  - Do not shave on the day of your procedure.
- **Sun & Skin Care:**
  - Avoid sunburns and direct sunlight for 48 hours; use SPF 30+ if necessary.
  - Ensure skin is clean and free of lotion, oil, makeup, deodorant, or sunscreen.
- **Medical Considerations:**
  - Inform your provider of any recent medical changes or medications.
  - If prone to cold sores, take an antiviral agent for two (2) days before and on the day of treatment.

### POST TREATMENT INSTRUCTIONS

- **First 24 Hours:**
  - Avoid touching the treated area and skip makeup.
  - Apply Copper Peptide Recovery Lotion and SPF 30-50 sunscreen as directed.
  - Do not take anti-inflammatory medications like ibuprofen, Motrin, or Advil, as they may interfere with healing.
- **Skin Care:**
  - Cleanse gently with a mild cleanser and tepid water after four (4) hours. Use hands only and pat dry.
  - Avoid exfoliants, retinol, or glycolic acids for five to seven (5-7) days.
  - Keep skin hydrated using a recommended moisturizer or serum.
- **Activity & Sun Protection:**
  - Avoid sun exposure and tanning for three to ten (3-10) days. Reapply SPF 30-50 sunscreen every two (2) hours if outdoors.
  - Avoid strenuous exercise, sweating, saunas, and swimming for 48 hours.
- **Healing Process:**
  - Mild redness, sensitivity, or flaking may occur; do not pick or scratch at peeling skin.
  - Use mineral makeup after 24 hours if needed.
  - Eating fresh pineapple may aid in healing.
  - Cool compresses can relieve discomfort or swelling.

### What to Expect:

- **Days 1-7:** Skin may feel dry, flake, or peel as part of the renewal process. Apply recovery lotion and avoid assisting the peeling. Micro-bruising around the eyes may last 3-4 days.
- **Day 7+:** Skin will feel smoother and more radiant. Continue daily sun protection. **For optimal results, schedule follow-up treatments every four (4) weeks. A series of 3-5 sessions is recommended.**