**KYMA** cosmetic surgery | anti aging center

**MICRONEEDLING PRE & POST CARE INSTRUCTIONS**

**Treatment achieves:**

•Helps to build collagen

•Smooths fine lines and may help fill in pitting or areas lacking structure

•Smooths acne scars

•Stimulates growth factors

•Post care includes no aggressive products for 48 hours after treatment and SPF of at least 30 shall be worn when outdoors.

**Pre Treatment Instructions:**

•Avoidance of Accutane for the past 6 months

•Avoid retinoids, topical antibiotics, exfoliants, hydroquinone, sunburn, and benzoyl peroxide 3 days prior to procedure

•Avoidance of IPL/Laser procedures for the past 7 days prior

•No waxing, depilatory creams or electrolysis 5-7 days prior to the peel.

•No topical agents that may increase skin sensitivity, reaction to the peel, or dryness 5-7 days prior to the peel (topical retinoid or hydroquinone products). No acids or exfoliants that may be drying or irritating to the skin (such as alpha hydroxyl acid (AHA) beta hydroxyl acids (BHA), exfoliating masks, hydroquinone, or benzoyl peroxide acne products).

•No shaving the day of the procedure

•No significant changes in the skin recently reported including breakdown of skin or excess dryness or sunburn

•Skin is clean without lotion, oil, makeup, powder, perfume or sunscreen

•Antiviral agent for 2 days prior to and day of treatment if history of cold sores

•No active cold sores (herpes simplex), or warts in the area to be treated, open sores, sunburned, or excessively sensitive skin within the application area, pregnancy, dermatitis or inflammatory rosacea within the area.

**Day of Treatment Instructions:**

•Omit lotions, creams, make up in area to be treated

•Arrive with clean washed skin

•Inform provider of any changes in medical history and of all medications you are taking

**Post Treatment**:

Immediately after your Medical Micro-Needling procedure, your health care provider may apply product topically. Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. Avoid sun tannning and prolonged exposure to direct sunlight. When exposed to sun, always use sun screen SPF 30 or above. You may clean your face with a gentle cleanser before bed.

•Redness or sensitivity might be present (and last up to a few days)

•Use Tylenol only as needed for any soreness

•Peeling may start 3-5 days after peel. Do not pick or scratch at treated skin but instead keep moisturized

•NO strenuous exercise or sweating for 48 hours

•Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment

•Mayuse cool compresses after treatment if excessive discomfort, redness, or swelling occurs

•Avoid sun exposure for 3 days. Apply a minimum of SPF 30 every 2 hours

•Restart regular skin care regimen in 48-72 hours

•Recommend follow up and repeat treatments in 4 weeks and for best results a series of 3 - 6 treatments

**Day 1:**

On the next day, you may clean your face and apply moisturizer. Stay away from exfoliants or acids that are present in cleaners as these can make your skin very dry after the procedure. Cleasne and moisturize only – NO SERUMS OF ANY KIND UNLESS APPROVED BY KYMA. Be sure to use an approved SPF 30 or greater sunscreen!

**Days 2-7:** Within two (2) days following your Medical Micro-Needling procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer. Follow the instructions given to you by your medical professional. You may have a little micro bruising around the eyes that may exist for three or four days. This can easily be covered with makeup. Days later, your skin will start shedding. These are skin layers that would regularly shed a week later, but the Micro-Needling brings this skin to the surface sooner. During this temporary process, your skin will shed and be dry. You may use your regular skin care products once your skin is not irritated.

**Days 7+:** A week after the Medical Micro-Needling procedure, most patients notice that their skin is smoother and more radiant. Continue with sun protection every day and reapply every 2 hours if outdoors.