



MICROCHANNELING AND SCAR THERAPY PRE AND POST CARE

PRECARE

- Must discontinue use of Retin-A, Retinols, acid based cleansers or creams, Vitamin A, and other topical OTC medications 2 weeks before your skin needling procedure. (Oral Accutane (and similar oral medications) must be discontinued for 6 months before treatment is an option.)
- No tan (natural, bed, or spray)
- No active acne or blemishes
- No chemical peels or laser treatments within 30 days of your procedure.
- No fillers within 60 days of your procedure
- Must get on anti-viral prior to procedure (2 days) if you have a history of cold sores if treatment area involves the mouth area

POSTCARE

- Procedure day, rinse treated area and pat dry before bed. Apply no products other than roll on serum, if provided.
- If you are sent home with a roller of your serum, please apply ALL remaining serum within 2 hours while the skin is still open.
- Day 2-7, cleanse skin with a mild cleanser and moisturize. Apply sunscreen. Avoid any active ingredients (Vitamin A or C, and acids other than Hyaluronic Acid).
- After 3 days (for anti-aging face treatments), after cleansing, use the hyaluronic mask for 15-20 minutes. Pat in excess serum afterwards, do not wash it off.
- After 7-10 days (for anti-aging face treatments), you can return to your regular skin care regimen (avoiding retinols and acids for 3 weeks.
- Makeup can be worn the next day. Apply with a freshly washed brush or sponge
- Days 1-3 the skin will appear red/pink, feel very dry, itchy, and tight. Some flaking is normal. Deeper areas will appear redder longer and may scab. **DO NOT PICK AT SCABBING OR FLAKING.** It is recommended to use a sensitive skin, non-comedogenic moisturizer as often as is necessary to keep the area/s hydrated during the healing phase
- A daily sunscreen is recommended
- Avoid direct sun exposure for 1-3 months, or until area is no longer pink (whichever is longer).
- No chemical peels or laser treatments for 60 days
- No fillers or injections to treated areas for 60 days

NEEDLING RECOVERY TIMELINE – Please take this into consideration when you select your session date.

- Day 1: Erythema/ redness appearance will depend on the severity of treatment. Can be very red or minimally red. Some swelling is normal
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- Day 2: A red, pink, or purple hue can persist like a moderate sunburn. Redness will be more even and more swelling may be noticeable.
- Day 3-5: Skin substantially less red/ pink and normal coloring starts to return. Swelling begins to subside. Some residual flaking/light scabbing will continue in areas that were treated more aggressively.

For Scar Treatments – Area will be red and scabbed for up to a week