



One Body Acupuncture
2890 Pio Pico Dr., Suite 104
Carlsbad, CA 92008
www.onebodybeautiful.com

Micro needling Facial before and after-care

Pre Treatment Instructions

- NO Sun exposure, tanning beds, self-tanning products for three days prior to procedure. Microneedling can “tattoo” tanning products into the skin. Procedure cannot be done on burned skin.
- Come in with clean skin. NO moisturizers, make up or any other products on the skin.
- NO chemical peels two weeks prior
- NO waxing or chemical depilatories for two weeks prior
- NO shaving day of the treatment
- Identify any tattoos, including cosmetic tattoos in the treatment area
- If you have cold sores, begin treatment with Valtrex prior to treatment and continue for several days
- Bring a hat and scarf if it is a sunny day and you have a significant drive home
- No Retin-A products or applications 24 hours prior to your treatment
- No auto-immune therapies or products 24 hours prior to your treatment.
- If you are taking a blood thinner, aspirin or any other medication that you have the propensity to bleed easily while on, please tell your practitioner.
- Avoid aspirin, ibuprofen (Advil, Motrin), Aleve and fish oil for 5 days before each treatment.
- If you are under a physician’s care and need to discontinue your medication for a few days, always ask your physician prior to each Microneedling appointment.
- If you are planning to receive Botox, make sure that you give yourself at least 2 weeks post Botox injections before receiving your Microneedling procedure.
- If an active or extreme acne breakout occurs before treatment, please consult your practitioner. Wait 6 months following oral isotretinoin use.
- Please ask questions about concerns you have about your health conditions, activities or anything else

After completing a micro needling treatment

You will be red. It looks and feels like a bad sunburn. Some people get redder than others; it differs from person to person. Your skin may feel warm, tight, dry and itchy, tingly and slight burning. Sometimes there can be a little bit of swelling too. This is normal and part of the skin’s natural controlled inflammatory process. Effects may last up to 3 days. To reduce visible redness, you can use a Hyluaronic Acid serum, Aloe Vera Gel or your chosen professional skincare product line’s Recovery Product.

On the third day after the treatment, you may see some peeling. This is actually a very good sign so don’t be concerned. It is simply the ‘peeling’ of old dead skin cells and is normal. Not everyone will



One Body Acupuncture
2890 Pio Pico Dr., Suite 104
Carlsbad, CA 92008
www.onebodybeautiful.com

have peeling. Be assured peeling is not a benchmark for the effectiveness of the treatment or an end goal for micro needling treatments.

Do not exfoliate at this point. Within several days or weeks, you will notice a smoother, more radiant appearance. However, with micro needling you will only notice the full effects of the treatment until several months later as it takes the skin up to 30 days to develop new skin cells and replace old ones. The full effect of micro needling treatments will greatly be noticed 12 weeks since starting the treatments, i.e., after 3 treatments once a month.

Avoid the Sun, Sauna, Tan Cans and Tanning Beds

On the day of the treatment, avoid the sun completely. This is critical as exposure to the sun may cause post-inflammatory hyper pigmentation. Ideally do not use any sunscreen because there might be chemicals in the lotion that can be harmful to the skin and cause irritation. This is just to be extra safe. Remember the skin is 'open' due to the micro channels punctured in the skin. NO SUN EXPOSURE for at least 14 days, ideally 30 days after procedure. NO tanning beds, or self-tanning products for 7-14 days after procedure.

However, if a Recovery Product from a professional skincare line has been applied after the treatment, then it is safe to apply a SPF30+, as they seal the open wounds. If not, stay out of the sun the first day and apply a SPF 30+ from the second day after the treatment. Applying SPF the first few days after a micro needling treatment is critical. NO picking or exfoliating

Avoid Active Ingredient Products / Fragrance Products

For the next 2 days after your micro needling treatment, cleanse your face with a gentle and mild soap like Dove and lukewarm water. Avoid skin care products that contain active ingredients like Alpha Hydroxyl (Glycolic acid), Beta Hydroxy Acid, Retinoid product (Vitamin A), Vitamin C or anything perceived as 'active' skincare. Avoid these products for at least 3-7 days after the treatment. After 3-7 days you can return to your normal skin care products. When using Aloe Gel, make use of it in its purest form and not sold as part of an after-sun product. NO chemical peels 14 days post treatment. NO shaving 3-7 days after procedure, if skin is irritated continue to wait before shaving. NO toners for 14 days post treatment

Avoid Hot Water, Heat and Excessive Exercise

Avoid excessively hot water, steam baths and showers, saunas and cardio exercise or any exercise that will cause you to sweat. If you sweat, the skin pores open and make way for dirt, pollutants and bacteria to enter the opened skin channels. This can cause a reaction or infection. Increased heat in the vulnerable skin layers has also shown to increase the risk of pigmentation. NO Sweating, exercising, Jacuzzi, Sauna, Steam bath until skin irritation has resolved (3-7 days)

Also avoid swimming 48 hours after a micro needling treatment because the pools contain chloride; and other strong chemicals too.



One Body Acupuncture
2890 Pio Pico Dr., Suite 104
Carlsbad, CA 92008
www.onebodybeautiful.com

Avoid Make-up for 3 Days

Do not wear makeup three days after the treatment, because the skin channels are open. Applying makeup can cause the channels to become contaminated, cause irritation or worse lead to an infection. The skin needs time to breathe in order to recover properly after a treatment.

Avoid Anti-Inflammatory Medication Avoid anti-inflammatory medication for at least 3 days prior the treatment and 3 days afterwards. Micro needling induces the skin's natural controlled anti-inflammatory processes. This however occurs in a controlled environment. Using additional anti-inflammatory medication like Ibuprofens might interfere with the controlled inflammatory process and in extreme cases can lead to post inflammatory hyper pigmentation. If you need to take pain medication take Paracetamols like Panadol. Ice packs, Tylenol and NSAIDS are okay if you are feeling discomfort or swelling.

Drink Water

Keep your skin hydrated after the treatment. It will help your skin heal and rejuvenate quicker. Visible skin renewal can be noticed within 2 weeks after a treatment. The skin takes up to 4 weeks to recover and collagen starts working after 4 weeks.

Prone to Cold Sores (herpes simplex) / Sensitive Skin

Herpes simplex is highly unlikely (1 in a 1000). If you feel that typical tingling feel of herpes, you can use a topical virucidal. Peppermint oil is an essential oil that has high levels of virucidal activity against Herpes simplex.

Allergic Reaction after Micro needling It is rare that normal skin will experience an inflammatory response or allergic reaction after micro needling. It is more likely that people with sensitive skin can develop a reaction. If you have a reaction, immediately apply an anti-inflammatory cream that contains 0.5% hydrocortisone. (This can be obtained from your local pharmacy.) You can also mix the hydrocortisone with equal parts Aloe Vera Gel twice a day, which cools and hydrates the skin. Also take an over-the-counter antihistamine like Benadryl to block the reaction and relieve hives, itching and redness. Avoid topical treatments like serums and peels for at least 4 weeks. Go back to using a gentle skincare product range like Cetaphil.



One Body Acupuncture
2890 Pio Pico Dr., Suite 104
Carlsbad, CA 92008
www.onebodybeautiful.com

What to Expect

- Skin may sting, feel swollen, be red or flushed, slightly puffy, tight, dry, and/or bruised
- NO make-up
- NO sun
- NO Heat/sweating
- Wear a large hat and scarf to cover treatment area
- Use your Hyaluronic Acid moisturizer and your post care products.
- Take a tepid shower and allow the water to wash over your face for 10-20 minutes
- Sleep with your head slightly elevated and on you back to minimize swelling
- A Benadryl can help with excessive swelling or itching at bedtime

Day 1 Red or sun-burnt, may feel tight, dry, swollen, stinging and sensitive to touch. Drink plenty of water. No make-up. Sunscreen okay if it's a mineral based and mild. Avoid heavy exercise. Use your Hyaluronic Acid mask to soothe the skin. Please arrange for follow-up micro needling for best results and efficacy. A series of 6 treatments set at 4-6 week intervals.

Day 2 Sunburn-like effect, dry and tight, use your post-treatment cream same as day 1

Day 3 Pink less swelling Mineral make-up okay

Day 4-6 Minimal swelling, minimal bruising, may have some flaking. No picking or exfoliating. May resume exercise.

Day 7 Look great. Resume regular products for skin, including vitamin A products. Continue to avoid Sun. There may be areas that are darker that flake off after a week.

Day 8-28 Avoid direct sun Use SPF 30 outdoors or in the car.

Day 30-45 Come in for follow-up micro needling appointment.

We recommend a series of 6 treatments at 4-6 week intervals and then treatments for maintenance at least once a year.

If you have any concerns, please call us immediately at 760-331-4271.

If you are experiencing a medical emergency visit your nearest emergency response facility.