



Microneedling Care Instructions

In order to avoid post-inflammatory hyperpigmentation (PIH) post microneedling/nanoneedling treatment one must recognize the drugs and supplements that cause photosensitivity.

☐ Antibiotics – Sulpha, Tetracycline, Zithromax, Quinolones ☐ Antidepressants- Zoloft, Effexor, Elavil, Remeron ☐ Antihistamines- Benadryl, Claritin, Hismanal, Atarax, Phenergan, Seldane ☐ Diuretics ☐ Anti-cholesterol agents ☐ NSAIDs ☐ Accutane ☐ Tretinoin ☐ Gabapentin & other pain medications ☐ Benzyl Peroxide	Natural supplements linked to photosensitivity include: ☐ Arnica ☐ Vitamin A (Retinol/Retin-A) ☐ Angelica Seed/Root ☐ Vitamin B6 ☐ Dong Quai ☐ Rue ☐ St. John's Wort ☐ Dong Quai
Natural supplements and foods which can thin the blood: ☐ Ginger ☐ Ginkgo Biloba ☐ Garlic ☐ Dong Quai ☐ Vitamin E ☐ Turmeric ☐ Bromelain ☐ Cayenne Peppers ☐ Cinnamon ☐ Grape Seed Extract ☐ Feverfew	It is imperative to inform your esthetician if you are taking these medications or natural supplements: ☐ High Blood Pressure ☐ Lupus and other auto-immune deficiencies ☐ Hyperchloremia ☐ Anxiety and/or Depression ☐ Sleep Deprivation/Insomnia ☐ Asthma/Hay Fever/Antihistamine ☐ Diabetes ☐ Hormone Replacements ☐ Acne ☐ Eczema ☐ Antifungals ☐ Thyroid ☐ Arthritis ☐ Birth Control ☐ Body-Building ☐ Chronic Skin Conditions ☐ Blood Thinners ☐ Hair Restoration ☐ Pellagra ☐ Cancer drugs

Other ingredients to avoid during treatment include:

- ☐ Topical or Internal use of certain Essential Oils (Lemon, Lime, Grapefruit, etc..)
- ☐ Fragrances
- ☐ Dyes
- ☐ Acids such as AHA's and BHA's
- ☐ UV filters that absorb ultraviolet light
- ☐ Preservatives

Microneedling Contraindications include:

- Keloid or raised scarring.
- History of Eczema, Psoriasis and other chronic conditions.
- History of Herpes Simplex infections.
- Uncontrolled Diabetes (Controlled must have a doctor's consent to move forward)
- Raised moles, warts or raised lesions in targeted areas.
- Patients must be off blood thinners for 3-5 days pre-micro needling
- If on any medications or drugs prescribed by a doctor need to be cleared prior to session
- Pregnancy (Approach with caution)

Microneedling Absolute contraindications include:

- Scleroderma (hardening of the skin).
- Collagen vascular diseases or cardiac abnormalities.
- Blood clotting problems.
- Active bacterial or fungal infection.
- Immune-suppression diseases.
- Scars less than 6 months old.
- Facial fillers in the past 10 days.
- Warts
- Accutane
- Eczema
- Photosensitivity
- Severe allergies
- Liver disease
- Hepatitis
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Microneedling Possible side effects:

- Redness
- Burning/ Stinging
- Dryness
- Flaking
- Track Marks
- Breakouts
- Swelling
- Rash
- Bruising (rare)
- Cold sores (rare)
- PIH (rare)



Collagen Induction Therapy Micro-needling Pre-Treatment Instructions

Preparing Skin:

- Use CIT Enhancement serum daily morning & night up to treatment
- Avoid direct sun exposure or tanning bed at least 4 weeks prior to treatment and during treatment process.
- Do not exercise the day of or for 48 hours after the injection treatment.
- Avoid caffeine containing food or beverages day of treatment.
- Avoid medications such as: Aleve, Advil, cold remedies, Vitamin E or aspirin 5 days prior to treatment.
- Avoid Retin-A, chemical peels, injectable fillers or Botox 2 weeks prior to treatment.
- Use a sunblock with an SPF 30+ with UVA/UVB Broad Spectrum protection.
- Apply topical anesthetic cream 1 hour prior to procedure and reapply if necessary.
- Day of treatment wear comfortable clothing. Your top should button or zip rather than pull over the head.
- Notify medical aesthetician if you get cold sores. You will require an antiviral prescription to avoid any breakout after treatments.
- If you have open cuts, wounds, abrasions or during acne or cold sores breakouts, we cannot perform the procedure.
- Eat a healthy diet, whole food vitamins and minerals. It is also advisable to take 1000 mg of vitamin C and 2000 iu. of vitamin D3. This ensures an increase in vitamins internally and externally and will greatly aid in the healing process. Liquid and topical hyaluronic acid is recommended to retain moisture in the skin and prevent dehydration.
- Drink 8 glasses of water/non-caloric fluids per day.

The Procedure

There should be no pain or discomfort during the Microneedling procedure. It is best to relax and allow the skincare specialist to move and manipulate the position of your head or face. Try to maintain still. Gum chewing is not allowed during the treatment and talking will be restricted by the specialist at certain key times during the treatment.



Collagen Induction Therapy Micro-needling Post-Treatment Instructions

What to be expected:

- Day 1: Skin will be erythematous and flushed after treatment, depending on the intensity of the treatment. Pinpoint bleeding may occur. Do not apply makeup for at least 12 hours.
- Day 2: A red or pink hue persists like moderate sunburn. Swelling and slight bruising may be more noticeable on the second day. Minor scratches may be visible. Apply moisturizer as needed.
- Day 3: Skin can be pink or normal color. Swelling subsides. The skin can feel dry or feel tight. A slight outbreak of acne or milia (tiny white bumps) is possible. Light peeling usually occurs in about three days and will be replaced with brand new skin.

Home Care:

- Wash with a gentle cleanser using your fingers only. Gently massage the face with lukewarm water.
- Remove serum and other debris such as dried blood. Do not scrub, use a washcloth or a Clarisonic brush. Cleanse areas treated twice a day. Do not use exfoliating products for 72 hours.
- Keep skin hydrated with CIT Enhancement serum.
- Cold compresses may be applied following treatment for comfort. If neck or décolletage are treated, the redness might last slightly longer.
- Do not exercise for 24 hours after treatment.
- Avoid direct sunlight, saunas, steam rooms, hot baths or showers until redness is gone.
- Continue to avoid sun exposure to the treatment areas and apply a broad spectrum sunblock with SPF minimum of 30. Apply it at least 30 minutes prior to sun exposure and repeat after every two hours of sun exposure. Note: This step must be done the following day.
- After 2-5 days patients can return to regular skin care products or as soon as it is comfortable to do so. Mineral makeup may be applied the following day.
- Avoid strenuous exercise for two to three days after treatment.
- Avoid waxing, facials, Botox, injectable fillers or any other skin care treatment 10 days – two weeks after treatment.
- New cell regeneration requires at least 6-8 oz. glasses of water a day (if you already drink that- increase by 2 glasses)
- If skin becomes painful, swollen, red or inflamed, please notify your skin care professional, as this may represent an infection or allergic reaction that may require treatment.

***For best results, 4-6 Microneedling treatments are recommended **