

MICRONEEDLING with Rejuvapen PRE/POST CARE INSTRUCTIONS

PRE-CARE

The week before having the treatment (for best results):

- Be sure that you have not used Accutane in the last 6 months.
- Unless prescribed by a physician, avoid Aspirin, Ibuprofen, Advil, Aleve, St. John's Wort, Vitamin D and E, garlic, Fish Oil/Omega 3, Flaxseed Oil, Omega's, Turmeric, Green Tea, Horse chestnut Seed Extract, Alcohol, and non-steroidal anti-inflammatory drugs (NSAIDS) in the 5-7 days prior to your treatment as they may promote the risk of bruising in the injection area. (Tylenol is OK for pain relief right up to and including the day of procedure – do not exceed 4000mg in a 24-hour period).
- If you have a history of cold sores, please advise us accordingly. We may need to prescribe Valtrex® medication to prevent any breakouts.
- AVOID the Systemic use of corticosteroids for 1--2 weeks before the procedure.
- AVOID Alcohol and Cigarettes for 7 days before the procedure as this inhibits healing.
- For Microneedling with PRP: HYDRATE very well BEGINNING IN THE MORNING the day before and the day of the procedure for ease of blood draw.

DURING: The day of the procedure:

- All applicable forms must be completed.
- If Microneedling with PRP is your treatment, blood is drawn and PRP is processed.
- Topical numbing will be applied to the treatment area.
- Microneedling with Rejuvapen, a medical device is performed utilizing the topical infusion product of choice.
- Depending on your treatment selection, (1) of the following is applied topically:
Basic Microneedling with Rejuvapen topical infusion options:
 - Hyaluronic Acid
 - Vitamin C
 - Retin APremium Microneedling with Rejuvapen topical infusion options:
 - Platelet Rich Plasma (PRP)*
 - Glo-Sculpt (Topical Sculptra®)
 - Stem-Glo (Exosomes)
 - VI Peel®
- Expect to have redness, mild swelling, and general "tight" feeling.
- Rarely, a mild peeling effect can occur.

POST CARE

Side effects and risks are minimal with this type of treatment and typically include redness, minor bruising, minor flaking, or dryness of the skin, with some mild scab formation in rare circumstances. Redness may last from a few hours to (2) weeks or longer depending on skin tone. Infections are extremely rare. The week(s) after the procedure (for best results):

- Mild Inflammation should be expected and in fact is the rejuvenation process in action.
- AVOID cold cloths and Ice to the procedure site for 48 hours. For Microneedling with PRP: Keep your "Me Serum" in the refrigerator during the 8 hours you are applying it to the treated area. Dispose of your "Me Serum" after 8 hours from treatment.
- Avoid touching the area treated with hands.
- Avoid applying make-up products for the first 8 hours following treatment.
- 8 hours after the treatment, you may use a mild cleanser and water to cleanse the face, dry the area gently without rubbing in a dabbing motion. You will need to apply a mild moisturizer to keep your skin hydrated.
- Avoid sun and use a physical sun block to protect your skin and allow for the best rejuvenation effect.
- AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 3--7 days after procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24-hour period).
- Avoid sun exposure and/or tanning beds for 30 days. Apply sunscreen of SPF 30 or higher is recommended for at least 30 days following treatment.
- For the best results AVOID Alcohol and Cigarettes for 7 days after the procedure.
- EAT a healthy diet and HYDRATE very well – at least 64 ounces of clean fresh water.
- AVOID activities that create excessive sweating for a minimum of 24 hours.
- Should you develop a histamine reaction, you may ingest an oral antihistamine or use a topical Benadryl of the affected area.

It is the responsibility of each guest to fully review the Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).