

MICRONEEDLING, CHEMICAL PEEL, DERMAPLANING POST TREATMENT CARE INSTRUCTIONS

Pre-treatment instructions

- Stop using any type of topical and/or mechanical exfoliant 7 days before and 7 days after the treatment(retinoid, AHA-BHA, salicylic, glycolic,...microbeads). Your technician may also ask you to discontinue any other topical medication and/or other skin care product, if needed.
- Avoid all self-tanning lotions two weeks prior the treatment.
- Avoid alcohol 48 hours before treatment to reduce the risk of bleeding and/or bruising.
- Avoid taking blood thinners or anti inflammatoires (aspirin, ibuprofen, naproxen) for one week prior if your medical conditions allow.
- Avoid any procedure (phototherapy/laser), waxing, electrolysis, use of depilatory and/or bleaching creams on the skin 14 days before the treatment.
- You **must avoid** all exposure to **UVA and UVB radiation** (natural sunlight and/or tanning booth) for **14 days before the procedure**.
- If applicable, avoid shaving the area on the day of treatment to prevent skin irritation. If there is dense hair in the area to be treated, you must shave 24 hours prior to your appointment.
- If you have a history of peri-oral herpes simplex, your doctor may recommend prophylactic antiviral treatment. Please follow your doctor's instructions.
- Avoid all makeup, moisturiser, perfume on the skin on the day of the procedure.

What to expect after the procedures and post treatment instructions

- Immediately after the procedure, you will have discomfort similar to a sunburn for about 3 hours.
- Discomfort following the procedure is usually mild, however, oral pain medication may be taken (e. g. Tylenol extra-strength).
- Most patients experience erythema (redness) for about 48-72 hours. You may experience oedema (swelling) for 24-48 following the procedure.
- With the Dermaplaning procedure, you may experience small superficial lesions (streak-like) due to the sterile blade used in the procedure. This reaction is completely normal. Avoid touching and/or scratching the area to prevent the risk of infection and/or leaving an unwanted scar.
- You may experience dryness in the treated area for a few days following treatment (3 to 7 days). You may drink a lot of water. Use suggested post care products (see post-treatment care recommendation) and/or use a repairing/moisturizing skin care product without perfume, alcohol and/or active ingredients that could irritate you.
- Make-up can be applied 48 hours after the treatment, as long as the integrity of the skin has not been affected.
- For 7 days post procedure, you must avoid any lotions and/or soaps that contain perfumes and self-tanning products
- Wait a minimum of 48 hours post procedure before shaving the treated area, if applicable

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- Privilege fresh water to clean the treated area and avoid hot showers, aromatic baths, swimming pools, spas and saunas for 48 hours after treatment.
- Avoid activities and/or exercises that cause excessive sweating for 48 hours after treatment
- You **must avoid** all exposure to **UVA and UVB radiation** (natural sunlight and/or tanning booth) for **14 days after the procedure**. The treated area remains susceptible to sunburn and pigment changes. Please wear a minimum of SPF 50 sun protection everyday and reapply every 2 hours if you are exposed (outdoor activities). Delayed blistering following sun exposure has been observed up to 72 hours after treatment.
- If you are in the middle of a treatment series, you should avoid natural sunlight exposure and/or tanning booths and always wear sun protection (SPF 50 minimum) all the time.
- For any other concerns and/or if in doubt, do not hesitate to contact your technician.

SKINCARE ROUTINE POST PROCEDURE

Step	Procedure	example of products
1	morning/evening - Cleanse with gentle cleanser	<i>will be recommended to you in person after a personalized skin assessment by your laser technician</i>
2	morning/evening - Apply a moisturizer/repair cream	
3	morning/evening 24 hour post procedure - After cleansing, apply a repair serum with prebiotics and antioxidants <u>BEFORE</u> the repair cream.	
4	morning 24 hours post procedure- Apply sunscreen	