



LUXE MEDI SPA

Pre Procedure Micro Needling Considerations/Instructions:

- ❖ Avoid exercising before the appointment, this may interfere with the treatment.
- ❖ Wash treatment area with an antibacterial soap and do not apply make-up.
- ❖ Wear hair tied back and clothing that may be exposed to treatment oil.
- ❖ Avoid Accutane for the past 6 months.
- ❖ Do not use topical agents that may increase sensitivity of skin: retinoids, topical antibiotics, exfoliants, acids that may be drying or irritating to the skin (such as alpha hydroxyl acid (AHA) beta hydroxyl acids (BHA), exfoliating masks, salicylic acids, hydroquinone, and benzoyl peroxide acne products) 5-7 days prior.
- ❖ Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil for 3 days prior to treatment. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- ❖ Avoidance of unprotected sun exposure or sunburn for 1 month prior.
- ❖ No waxing, depilatory creams or electrolysis to area being treated 5-7 days prior.
- ❖ No shaving the day of the procedure to avoid skin irritation. If there is dense hair present in the treatment area, closely shave the area the day before you arrive to your appointment. Moles, warts or actinic (solar) keratosis cannot be treated.
- ❖ If you are prone to cold sores, take antiviral agent for 2 days prior to and 3 days after treatment. Call office for prescription.)

RF treatments are NOT recommended for the following:

- Pregnancy or nursing
- Recent Botox in treatment area (should wait 10-14 days).
- Recent Filler injection in treatment area (should wait 3 months).
- Recent superficial peels (should wait 1 month).
- Deep peels, plastic surgery, liposuctions, laser resurfacing (should wait 3 months or until completely healed).
- Pacemaker or internal defibrillator, implanted neuro-stimulators or other internal electric device.
- Current or history of, cancer - especially skin cancer, or pre-malignant moles in treatment area.
- Diabetes and impaired immune system due to immunosuppressive diseases such as AIDS and HIV, or use of Immune suppressive medications.
- Active weeping acne.
- Continuous use of Retin A, retinol.
- Herpes (active).
- Open wounds on the skin.
- Severe concurrent conditions such as cardiac disorders or epilepsy.
- Any active condition in the treatment area, such as sores, psoriasis, dermatitis, eczema and rash as well as excessively/freshly tanned skin.
- Other medical conditions that affect the area treated such as recurrent cold sores, shingles, trigeminal neuralgia, psoriasis should be reported to ensure an appropriate course of action.



Micro Needling Aftercare:

- ❖ Expect some redness and swelling that lasts for 1-3 days, peak redness should occur within 30 minutes to a few hours after the procedure.
- ❖ Use a gentle cleanser and warm water to cleanse the face for 72 hours post-treatment, and gently dry the treated skin. Always make sure your hands are clean when touching the treated area.
- ❖ We recommend you do not apply makeup or moisturizers for 24 hours after the procedure. In addition, do not apply any makeup with a makeup brush, especially if the brush is not clean.
- ❖ Please clean anything that may come in contact with your face (phones, glasses) with alcohol pads and change your pillowcase the night of the procedure if a facial treatment was performed. We want to keep your treatment area as clean as possible as it will lessen the chances of breakouts.
- ❖ Immediately after the procedure, your skin professional will apply a broad spectrum UVA/UVB, SPF 25 or greater sunscreen to your skin. We recommend a chemical-free mineral sunscreen. Keep in mind that you should continue to use a sunscreen everyday—not only the days following your procedure—as part of your skincare routine to protect your skin from sun damage and premature aging.
- ❖ Tiny scabs in the form of the micro pins will usually appear within 24 hours to 3 days post treatment and will usually remain for several days. Do not peel them off or scratch them, they will fall off naturally.
- ❖ To ensure the proper healing environment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) scrubs or anything perceived as “active” skincare for one week post treatment. Do not use any powered cleansing brushes like Clarisonic for one week post treatment.
- ❖ During the first 2 days take extra care to keep the skin clean, this includes no swimming in pools for 48 hours and no swimming in the bay/ocean/rivers/lakes for 2 weeks.
- ❖ Avoid hot baths, massage or manipulating or using heat on the treated area.
- ❖ Avoid sun exposure and tanning beds, use sunscreen in the treated area (tanning after treatment may cause a change of pigmentation (coloring)).