## Pre and Post Care Information Sheet

Pre Skin Needling Treatment Recommendations

* No sun exposure 2 weeks prior treatment
* Discontinue use of active products 72 hours prior treatment
* Skin prepped on Tyrosinase inhibitor, Vitamin A, B and C 4 weeks prior the skin
* No exfoliation 72 hours prior treatment
* No waxing, hair removal treatments 72 hours prior treatment
* No active herpes simplex, prep 72 hours prior treatment
* Use of a physical sunblock

Post Skin Needling Treatment Recommendations

* Don’t wash the treatment area for the following 12 hours
* Avoid Physical activity, hot showers and saunas for the next 48 hours
* Avoid sun exposure 72 hours post treatment
* Avoid spray and self tanning in the area of 72 hours
* Avoid intensive cardio, exercise or gymnasium regimens for 72 hours
* Avoid active products of 5-7 days
* Light mineral make-up can be applied after the next 72-96hours
* Zinc physical sunblock is mandatory
* Drink plenty of water for hydration
* Wash hands before touching or rubbing the treated area.
* Refrain from shaving/waxing the treated area for 72hours

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