



MICRONEEDLING PRE & POST

PRE PROCEDURE:

- AVOID exfoliants and irritants 5-7 days prior to treatment (includes but is not limited to retinols, waxing, exfoliants, AHA/BHA)
- AVOID any resurfacing treatments min. 2 weeks prior
- AVOID botox or filler injections 2 weeks prior to treatment

POST PROCEDURE:

- AVOID the use of ANY products 24hrs post microneedling EXCEPT LIFT HG (given to you post)
- Cool compress to help soothe “sunburn” feeling
- It is normal to feel warm, have mild redness and swelling and mild pinpoint bleeding post tx
- POST 24 hrs you may gently cleanse and use Rescue calming complex (second white tube) to calm skin.
- After 24hrs you may begin using your skincare kit included with you package as directed by a skin professional.
- SPF 30+ MUST be worn 24hrs post tx minimum 2 weeks (recommended daily use thereafter)

Should you have any additional information please contact our clinic at 780-459-7769 x 2 or request@cosmeticmedicalclinic.com