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Micro-Needling Pre-and Post-care instructions

Prior to your Micro-needling session, please observe the following:

- Please ensure below items 24 hours prior to your procedure
 - No Retin-A products or applications.
 - No auto-immune therapies or products.
 - No prolonged sun exposure to the face.
- Avoid aspirin or NSAIDS 5 days prior to procedure.
- Avoid IPL/Laser procedures, unprotected sun exposure, or sunburn for at least 2 weeks prior to your procedure.
- No waxing, depilatory creams, or electrolysis to the area being treated for 5-7 days prior.
- If you are planning to receive Botox, make sure that you give yourself at least 2 weeks post Botox injections before receiving your procedure.
- Do not shave the day of the procedure to avoid skin irritation. If there's dense hair present in the treatment area, shave the day before you arrive for your procedure.
- If you're prone to cold sores, take an antiviral agent for 2 days prior to and the day of the procedure.
- Darker skin types (Fitzpatrick IV-VI), pigment may darken prior to lightening.
- A Micro-needling treatment will not be administered on sunburned skin.

Day of Treatment

Knowing what to expect on the day of your Micro-needling treatment will make this procedure as comfortable and anxiety-free as possible for you.

What To Expect at Your Appointment

- Your skin will be cleaned so it's free of lotion, oil, makeup, powder, or sunscreen. If you wish, you can wash your face in the office upon arrival.
- You will be asked to inform your skin care specialist about any relevant changes in your medical history and of all the medications you're taking.
- Your specialist will ask if there are any cosmetic tattoos in the treatment areas.
- 30-45 minutes prior to your treatment, topical lidocaine will be applied to your skin.
- The Micro-needling treatment is an in-office procedure that typically takes up to 60 minutes to complete.

The Healing Process: What to Expect After a Micro-needling Treatment

Micro-needling is a quick and non-invasive cosmetic procedure with minimal side effects. However, it's quite normal to experience the following:

Day 1-3

A sunburn-like effect is normal. Your skin may feel tight, dry or sensitive to touch. Treat the skin gently by washing it with a gentle cleanser, cool bottled water, and using only your clean hands to pat dry no earlier than 4 hours after treatment.

Some redness may also be present and in some cases, patients may experience slight bruising that can last for 5-7 days and temporary swelling for 2-4 days.

Tips

- Avoid strenuous exercises that cause sweating as well as jacuzzis, saunas, and steam baths for up to 48 hours.
- Use only mineral makeup using clean brushes after 24 hours.
- Sleep on your back with the head of the bed elevated to minimize swelling or pain as needed.
- Please use a fresh clean pillow cover.

Day 2-7

Peeling may start 3-5 days after the treatment. You'll notice skin dryness and flaking which is due to an increased turnover of skin cells. DO NOT pick, scratch, or scrub at treated skin!

Important information: You must allow the old skin to flake off naturally and keep it always moisturized. Talk to your skin specialist about which products to use.

Day 5-7

You may start your regular skin care products again once your skin no longer feels irritated. Most of our patients have noticed continued skin improvement over the months following their last treatment.

For best results: We recommend follow-up and repeat Micro-needling treatments every 4-6 weeks, with a series of 3-5 treatments depending on your personalized care plan followed by maintenance skin pen treatments twice a year.

- After the initial 24 hours, apply a broad-spectrum UVA/UVB sunscreen with a minimum SPF 30 for two weeks but would recommend making it a habit for longer time.

A chemical-free sunscreen is highly recommended due to San-Antonio heat.

Makeup may be applied after 24-36 hours following the treatment, once the channels have closed.

- ⇒ Day 1 – Mild to moderate redness & swelling, similar to a sunburn. No sunscreen or makeup.
- ⇒ Day 2 – Some persistent redness & swelling may be present. May apply sunscreen & makeup.
- ⇒ Day 3 – Most redness, bruising & swelling almost gone.
- ⇒ Day 4 – Skin should return to normal appearance without makeup.

What to Avoid:

- ⇒ For at least 3 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare. Ingredients to avoid from cosmetics:
 - ⇒ Silicone
 - ⇒ Dimethicone
 - ⇒ Artificial color
 - ⇒ Artificial fragrance
 - ⇒ Sodium lauryl sulphate
 - ⇒ Propylene glycol
 - ⇒ Chemical sunscreen