



TIMELESS

SKIN SOLUTIONS

micro-needling before & after treatment instructions

Micro-Needling is aimed at stimulating the body's own collagen production to reduce the appearance of fine lines and wrinkles, stretch marks, skin laxity and scarring. The needle depth can be adjusted during the course of the procedure to accommodate different treatment areas, and can easily maneuver around facial contours and delicate features, such as the eyes, nose and mouth. The high-speed (8500rpm) automated needling motion minimizes pain and discomfort, while better promoting an even absorption of topicals, acids and peptides into the skin which enhances overall results.

Before treatment:

- Avoid any known skin irritants such as retinoids and alpha hydroxyl acids 3-5 days prior to treatment unless otherwise directed by your clinician.
- Inform your clinician if you have any skin conditions such as, but not limited to, psoriasis, cystic or inflammatory acne or cold sores.
- If you have an active cold sore you may want to postpone treatment. If you are prone to developing cold sores, contact our office at (614) 799-5100 and we will discuss the option of prescription prophylactic treatment.
- Please inform our office if you are pregnant or nursing.
- Avoid direct sun exposure and always use sun protection for at least 3 days before treatment.

1 day prior to treatment:

Confirm preferred pharmacy information with Timeless Skin Solutions staff. Your prescription for your topical anesthetic cream will be sent in to your designated pharmacy for you to pick up at least one day prior to your procedure.

Day of treatment:

1 hour prior to procedure:

1. Cleanse treatment area with mild cleanser and dry skin completely.
2. Apply a thin layer of topical anesthetic and distribute evenly.
3. Wash anesthetic from fingers after application is complete.

After treatment:

First 24 Hours

Follow these instructions carefully and in order:

1. After the procedure, the skin will be red and flushed in appearance in a similar way to moderate sunburn. You may also experience skin tightness and mild sensitivity to touch on the area being treated. This will diminish greatly after a few hours following treatment. After 3 days most visible erythema will be absolved.
2. Use SkinMedica HA5 or SkinMedica Recovery Complex as directed by your clinician. You may cleanse the treated area 12 hours after treatment.
3. Do not exercise for 48 hours post treatment.

After 24 hours – Apply these products:

1. SkinMedica HA5 and/or SkinMedica Recovery Complex
2. Sunforgettable SPF 50 Brush – Apply brush in a circular motion over entire face. Reapply every 2 hours for continued protection

After 48 hours:

Resume your normal prescribed skincare regimen (**not including Retinol**) unless otherwise instructed by your clinician. You may find that you are sensitive to products that you usually use and tolerate well. If your skin feels more sensitive than usual, cleanse with a gentle, non-acidic cleanser.

Makeup may be applied 48 hours post treatment as long as the skin is not broken. If the skin is broken, apply antibiotic ointment and contact our office.

Some patients may experience flaking 3-5 days post treatment. If this occurs do not pull or pick flaking skin and continue using gentle cleanser a moisturizer until flaking resolves.

After 7 days:

Retinol can be resumed and should be applied around the frame of the face and blended inward.

Only use these approved products as directed to decrease your risk of infection. Do not use any products not listed in these instructions for the entire 7 days. You should always wear an SPF of 15 or greater when exposed to any sunlight. Do not touch your face. Clean hands thoroughly before applying product. Keep your hair off your face.

While you may see visible results after the first treatment, lasting and more significant results will be seen after 4-6 treatments spaced 6-8 weeks apart, supplemented by a recommended skin care regimen.

If you have any questions or concerns, please do not hesitate to call our office at (614) 799-5100 or email contact@timelesssskinsolutions.com. In case of emergency call 911.