

## COLLAGEN INDUCTION THERAPY (CIT) by DERMAPEN MICRONEEDLING

### PRE-TREATMENT CARE:

- Discontinue use of active ingredients such as Retin-A®, Retinoids, Vitamin A creams, topical antibiotics, exfoliants, Hydroquinone, Benzoyl Peroxide and other topical medications/antibiotics for 3-5 days before your CIT or Microneedling treatment. No Accutane for 6 months before treatment.
- Avoid IPL/Laser procedures for 7 days prior to treatment.
- No waxing, depilatory creams or electrolysis 5-7 days before the treatment.
- Increase hydration levels prior to treatment.
- No shaving the day of the treatment, skin must be clean without lotion, oil, makeup, deodorant, powder, perfume or sunscreen.
- Please bring a hat or protective gear for post treatment, as sunscreen can not be applied.
- If there is a history of cold sores, an antiviral agent should be taken for 2 days prior to and day of treatment.
- Client cannot be treated if the following is presented: active cold sores, herpes simplex, or warts in the area to be treated, open sores, sunburn, or excessively sensitive skin within the application area, pregnancy, dermatitis or inflammatory rosacea within the application area.

### POST-TREATMENT CARE:

- Pinpoint bleeding may occur. These micro-channels will close within 24 hours.
- Due to the channels created in the skin, the skin will be red, sensitive, tight and feel irritated for a few hours after the procedure. This will subside within 24-48 hours.
- Within 2 days you may notice skin dryness and flaking which is due to an increased turnover of skin cells. During this period you may apply moisturizer.
- Do not take any anti-inflammatory medications such as Ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. Use Tylenol only as needed for any soreness.
- Wash the face at least 4 hours after treatment or before bed time with a gentle cleanser. Gently massage the face with cool water and remove all serum and dried blood, pat dry. Keep the skin well hydrated and moisturized.
- No sunscreen or makeup for 24 hours post treatment. Avoid sun tanning and prolonged exposure to direct sunlight for at least 2 weeks. When exposed to the sun, always use a minimum sunscreen of SPF 30.
- May use mineral makeup after 24 hours.
- Avoid sunless tanning for 1 week post treatment. No tanning beds.
- Do not go swimming for at least 24 hours post treatment.
- After 3-5 days following the treatment, client can return to regular skin care regimen including Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as active skincare.
- No exercising or strenuous activity for the first 2-3 days post treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.
- Recommended follow up for best results is a series of 3-5 treatments every 4 weeks.