

# Body+Beauty Lab®

## COLLAGEN INDUCTION THERAPY (CIT) by DERMAPEN MICRONEEDLING PEEL

### PRE-TREATMENT CARE - MICRONEEDLING:

- 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.

### PRE-TREATMENT CARE - PEEL:

- Avoid sun exposure before treatment. Sunburned skin cannot be treated.
- If you have a history of perioral herpes, advise office so you may begin prophylactic antiviral therapy the day before treatment.
- Schedule this treatment at a time when minor swelling or peeling will not disrupt your social obligations.

### THREE DAYS BEFORE TREATMENT - PEEL:

- Do not bleach, wax, tweeze or use depilatory creams in the treatment area.
- Discontinue use of Retinoid (Retin-A®, Tazorac®, Differin®, etc.) and Hydroquinone products.
- Discontinue use of 10% or higher Alpha Hydroxy Acids, Glycolic Acids, and exfoliants.

### DAY OF TREATMENT - PEEL:

- Do not apply lotions, creams, makeup or deodorant in the area to be treated.
- Arrive with clean washed skin.
- Inform provider of any changes in medical history and of all medications you are taking.

## POST-TREATMENT CARE - MICRONEEDLING:

- 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.

## POST-TREATMENT CARE - PEEL:

It is crucial to the health of your skin and the success of your peel that these guidelines be followed.

1. It is imperative to use a sunscreen with at least an SPF 30 and avoid direct sunlight for at least 1 week.
2. If retinoic acid was used as part of your treatment, your skin will have a light yellow tinge immediately after the procedure. This is temporary and will fade in 1-2 hours. Wait until the evening to wash your face, however if you should choose to wash it sooner, please wait until after the yellow tinge completely disappears.
3. Clients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following the peel.
4. Depending on the nature and intensity of the chemical peels, clients may not expect to see visible peeling. For lighter peel, occasionally some clients may have minor flaking 3-4 days after the procedure. For more intense peels, approximately 48 hours after the treatment your skin will start to peel. This peeling will generally last 2-5 days. **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace. Keep skin moisturized.
5. Skin may appear slightly redder than usual for about for several hours after the treatment. If neck and décolletage are treated, the redness might last slightly longer. For stronger peels, skin may

be possibly swollen and more red than usual for 2-5 days. Avoid strenuous exercise during this time. Use Tylenol only as needed for any soreness. May use a cool compress after 46 hours if excessive discomfort, burning, redness or swelling.

6. Depending on the nature and intensity of the chemical peels, skin may look normal the next day.
7. When washing the face, do not scrub and do not use a wash cloth. Use a gentle facial cleanser with cool water.
8. After washing your face, apply appropriate serums and moisturizer recommended by your medical aesthetician professional for 4-5 days as often as needed, to relieve any dryness.
9. The regular use of Retin-A®, Alpha Hydroxy Acid (AHA) products or bleaching creams can be resumed ONLY after 4-5 days with lighter peels and ONLY after the peeling process is complete with more intense peels.
10. Wait until flaking or mild peeling completely subsides before having ANY OTHER FACIAL PROCEDURES, including:
  - Facials
  - Hydrafacials
  - Laser treatments (including laser hair removal)
  - Facial hair removal
  - Botox®/Zeomin®/Dysport® injections
  - Injectable fillers