

LEINE

Acne and Anti Age Clinic

Microneedling Pre-Treatment Instructions

1 month prior to your treatment:

- No chemical peel, chemical depilatories (Nair, etc.), lasers, light treatment (ILP, BBL, etc)
- No use of Accutane/Isotretinoin within the last 6 months

2 weeks prior:

- Avoid extended sun exposure, using a tanning booth or tanning outdoors.
* As a whole, tanning should be avoided due to the increased risk of skin cancer and accelerated skin aging from UV exposure.

1 week prior:

- No blood thinning medications or supplements to reduce the risk of bruising: Aspirin, Ibuprofen, Naproxen, Acetaminophen, Tylenol, fish oil, Vitamin E, ect.
- No waxing
- No use of a mechanical cleansing brush or device such as a Clarisonic.
- Discontinue use of physical scrubs or other exfoliating treatments..
Including: Retinoids or tretinoin, acne medication products such as Retin-A®, Tazorac®, Renova®, Atralin®, Ziana®, Differin®, Veltin®, the antibiotic Doxycycline, peel pads, AHAs (glycolic, lactic, tartaric, etc.), BHAs (salicylic), benzoyl peroxide, lightening agents such as hydroquinone.

Day of treatment:

- Drink 4-6 glasses of water the morning of your treatment.
- No coffee or alcohol.
- Avoid Shaving the treatment area. Please do this at least 24 hours prior.
- If possible, please arrive with fully cleansed skin: no makeup, moisturizers, perfume, cologne, or any other products on the skin.
- Bring a hat and scarf the day of the procedure to wear after your treatment.

Please let us know if:

- If you have active acne in the area of treatment please call to reschedule.
- Have a history of frequent cold sores. An antiviral medication (valacyclovir) may need to be prescribed.
- Are pregnant. Microneedling is not recommended during pregnancy.
- Have open cuts or wounds on the face or are having an active infection or cold sore outbreak. The procedure cannot be safely performed in this setting and should be rescheduled.
- Have been on Accutane/Isotretinoin within the last 6 months to treat acne.
- Have a history of keloid scars on the face or vitiligo.
- Have a history of radiation treatment to the area.
- Have an allergy to topical lidocaine.

Call or Text Madeleine with any questions. **945-247-5322**

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1944 N Lakeshore Drive Rockwall, TX 75032
TEL: 945-247-5322

Recovery Time

1-3 hours: Reddening and possible spot bleeding, pores still open, slightly numb. After the numbness wears off, the skin may feel warm and/or tight and may look sunburned.

Up to 24 hours: Rash, red dots, minor swelling.

1 – 2 days: Rash, red dots, reduced swelling, minor itching, dry/tight sensation.

2 – 3 days: Reduced rash, fading of red dots, dissipated swelling, reduced itching, skin flaking may occur.

3 – 4 days: Potential slight dryness.

4 – 7 days: Full recovery with normalized function.

Results

1 week: Improvement in skin texture.

3 weeks: Improvement in pigmentation begins.

6 – 8 weeks: Improvements in lines, wrinkles and scarring begins.

A series of 4 collagen inductions with Rejuvapen, performed 4-6 weeks apart, is recommended for optimum results.

Please call or text Madeleine with any questions. Please send a photo with any questions regarding the skin. 945-247-5322

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