

Glam +Glo Medical Aesthetics Lounge

Pre-Treatment Instructions for Microneedling & Aquagold

- Avoid Retin-A products 24 hours prior to your treatment.
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling with treatment . If you are prescribed any of these medications, check with your physician prior to discontinuing.
- No auto-immune therapies or products 24 hours prior to your treatment.
- Avoid prolonged sun exposure to the face 24 hours prior to your treatment. Microneedling treatments will not be administered to sunburned skin.
- Reschedule your appointment at least 24 hours in advance if you have a rash or cold sore in the area.
- If you have a history of cold sores please let your provider know, they may put you on an anti-viral medication prior to treatment.
- If you are planning to receive neuromodulators (Botox like treatments) or filler treatments, make sure that you give yourself at least 2 weeks post injections before receiving your microneedling procedure.
- Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. You may also notice some slight swelling, this will normally diminish within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.
- If you are concerned about any reaction, please call our office at 805.242.8140 and contact your healthcare provider immediately.

Post-Treatment Care Instructions for Microneedling & Aquagold

- Use tepid water for the initial 24 hours to rinse the treated area. After 24 hours, use a gentle cleanser to cleanse the face for the following 72 hours and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area.
- Do not take any inflammatory medicines for at least 2 weeks post treatment.
- It is recommended that makeup not be applied for 4 hours after the procedure. Do not apply any makeup with a makeup brush, especially if it is not clean.
- After the initial 4 hours, apply a broad spectrum UVA/UVB sunscreen with a minimum SPF 30 for two weeks. A chemical-free sunscreen is highly recommended.

What to Avoid:

- For at least 3 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, or abrasive and exfoliating treatments or skincare.
- Avoid intentional and direct sunlight for 48 hours. No tanning beds.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments must be avoided during the first 72 hours post-treatment.