

Microneedling

CONTRAINDICATIONS

- Open wounds or lesions in treatment area
- Auto immune disorders, please obtain a written clearance from your physician before scheduling
- Recent facial injections. Must wait 4 weeks post injections.
- Accutane. Must discontinue use for one year prior.
- Sunburn. Please allow 2 weeks for skin to heal before treatment.
- Keloid scars
- History of eczema
- Psoriasis
- Actinic Keratosis
- Herpes simplex
- History of diabetes
- Presence or raised moles
- Warts on targeted area
- Scleroderma
- Collagen vascular diseases or cardiac abnormalities
- Blood clotting problems
- Active bacterial/fungal infections
- Immune suppression
- Scars less than 6 months old
- Pregnant or nursing

In preparation for your microneedling appointment, please arrive 10-15 minutes early for your appointment so that we can apply topical numbing to make your treatment as comfortable as possible.

PRECARE

- Do not wax the treatment area for 2 weeks prior
- Please allow 4 weeks after chemical exfoliation
- Use of any topical retinoids or topical acne medications must be 14 days prior to treatment and 14 after, depending on strength of product used.
- If you suffer from cold sores, we can prescribe an antiviral medication.

AFTERCARE

- Treat your skin gently for the next 3 days, using gentle cleansers and hydrating serums and creams. Do not use any active products during this initial healing phase. On day 4, you may resume your regular routine.
- Skin will be red and flushed in appearance, a similar way to moderate sunburn, this is normal.
- You may experience skin tightness and mild sensitivity to touch on the area that was treated.

- Redness will diminish greatly after a few hours post-treatment and within 24 hours the skin will be generally calm. After 3 days, the skin will return to normal.
- Avoid sweaty exercise and sun exposure between 1-3 days.
- Sunscreen is recommended every 2 hours.
- Chemical exfoliation must wait 2-4 weeks after treatment.

Your Master Aesthetician will recommend post-care treatment products that will not only aid in the healing process but will also help enhance your long-term results. We highly recommend using the recommended skin regimen throughout your treatments for the best possible outcome.

Please contact APEX Performance & Aesthetics with any questions or concerns

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