



### **Pre-Treatment Tips**

- Avoid topical skin irritants that may increase your skin's sensitivity (e.g. glycolic/salicylic acids, benzoyl peroxide, retinol products such as Retin A, Tazorac, Triluma, Differin, and Vitamin C) and topical antibiotics 3-5 days prior to your treatment.
- Avoid unprotected sun exposure or sunburn for at least 48 hours prior to your treatment.
- No waxing, depilatory creams, or electrolysis to the area being treated for 5-7 days prior.
- If you're prone to cold sores, take an antiviral agent for 2 days prior to and the day of the treatment.
- Avoid blood-thinning agents for one week prior because bruising is a common side effect.
- Accutane or any related acne medication should be discontinued for a minimum of 6 months prior to undergoing microchanneling.
- On the day of your treatment do not wear any make-up or moisturisers on the area being treated, however, we have cleaners that can be used for you to remove this if required.

## **Microchanneling Post-Care**

1. If you are given a mask, apply it 90 minutes after the completion of your treatment and keep it on for around 30 minutes.
2. Preferably, no other products apart from make-up are applied for 6-8 hours after your mask is taken off.
3. Avoid exposure to pet dander and other irritants as best you can. You may experience a mild allergic reaction to pets and other things you typically do not react to within the first 24 hours.
4. Your skin may feel hot and tight, like a mild sunburn.
5. For your first treatment, (and treatments at .25mm in general) you can expect mild redness and swelling, and a tight, warm sensation for between 4-24 hours. Treatments with longer needle lengths may produce redness and swelling, along with tiny flecks of redness for between 4-72 hours.
6. Mild skin sloughing may occur for a few days after treatment.
7. Mild acne and milia can occur in rare cases. Don't pick and they'll go away in a few days.
8. Trans-Epidermal Water Loss is a common temporary side effect and could leave you feeling dry throughout the first week. Keep the recommended moisturizer with you during the day and apply as frequently as necessary to avoid dryness.
9. After 36-48 hours post-procedure: apply the Procell Therapies Cellular Renewal Serum and Healing Accelerator for the best results. Cleanse first and apply 1-3 pumps each. Apply daily, morning and night.
10. Return for a follow-up treatment in about a month or as recommended.

In addition:

- For the first 90 mins, don't touch treatment areas or put anything else on (besides the mask), and avoid any sun exposure.
- After 6-8 hours, you can apply a mild moisturizer as well as an SPF 30 or higher with Zinc Oxide sunblock and daily thereafter to maximize results.
- Avoid sweating for the first 24 hours (No gym, sauna, swimming, exercise) and spicy food
- For the first 5 days, your skin will be dryer than normal (trans-epidermal water loss) so drink plenty of water and moisturize often throughout the day.
- No Retin-A, Retinol, Vitamin C, beta hydroxy acids (BHA), alpha hydroxy acids (AHA), or exfoliation for 5-7 days