

# TIMELESS.

## LASER & BODY CLINIC

### Pre-Treatment Tips

- Avoid Accutane in the six months prior to beginning your treatment sessions.
- Do not use topical agents that may increase the sensitivity of your skin such as retinoids, exfoliants, topical antibiotics or acids 5-7 days prior to your treatment.
- Do not take anti-inflammatory medications such as ibuprofen, Motrin, or Advil for at least 3 days prior to your microneedling session. These will interfere with the natural inflammatory process that is critical for your skin rejuvenation.
- Avoid IPL/Laser procedures, unprotected sun exposure, or sunburn for at least 2 weeks prior to your procedure.
- No waxing to the area being treated for 5-7 days prior.
- Do not shave the day of the procedure to avoid skin irritation. If there's dense hair present in the treatment area, shave the day before you arrive for your appointment.
- 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 of microneedling.
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### What To Expect At Your Appointment

- Please arrive at your appointment without any makeup, moisturizer or residue on the area being treated.
- You will be asked to inform your skin care specialist about any relevant changes in your medical history and of all the medications you're taking.
- Your specialist will ask if there are any cosmetic tattoos in the treatment areas.
- 30 minutes prior to your treatment, topical lidocaine will be applied to your skin.
- The Microneedling treatment is an in-office procedure that typically takes up to 60 minutes to complete.