



### **Pre-treatment Precautions**

1. Sun exposure and/or usage of tanning beds, including self-tanning products, must be avoided for a minimum of 24 hours before and after treatment, preferably 1 week. Treatment within 24 hours of prolonged sun exposure (natural sunlight, artificial tanning or sunless tanning products) may result in hypo pigmentation (white spots) or hyper pigmentation (dark spots) that may not clear for several months or may even be permanent. A micro needling treatment will not be administered on sunburned skin.
2. Accutane and any other photosensitizing medication should be discontinued for a period of 6 months prior to receiving treatment and should not be used during your course of treatment.
3. No area to be treated should receive any type of chemical peel for 2 weeks prior and after treatment.
4. Use of Retinols, Retin-A, Tretinoin, Glycolic Acids, Kojic Acids, Citric Acids and Hydroquinone must not be used 1 week prior or after treatment.
5. Waxing and/or use of chemical depilatories must be avoided for 2 weeks prior and after treatment. Shaving is allowed immediately before treatment and 48-72 hours after treatment as long as there is no skin irritation.
6. You may not be pregnant for this treatment.
7. Notify your provider of any tattoos, including cosmetic tattooing, in the vicinity of the area to be treated. Tattoos must be avoided because they may fade from the treatment.
8. If you have a history of cold sores, we recommend taking an antiviral prior to treatment.
9. During the course of your treatments, notify our staff of any changes to your medical history, health status or personal activities that may be relevant to your treatment.

**Glow Medspa gladly offers complimentary consultations!**

7153 Colleyville Blvd. #102, Colleyville, TX 76034  
Office: (817) 424-4300



## **Post-treatment Instructions**

1. A sunburn-like effect is normal for 1-3 days. You will look and feel sunburned after the treatment. Severity of redness will depend on how aggressive the treatment was and how sensitive your skin is. The skin may feel tight, dry, swollen and sensitive to the touch. The treatment area may appear darker and the darkened skin may flake off within 1 week. Darker skin tones may darken prior to lightening.
2. Products and regimen: Only use recommended products for the first 3 days post treatment. Do not use any skincare products for 6 hours post procedure. Micro channels have been created in the skin and using skincare products not recommended by your esthetician could result in unexpected complications. Wash the area gently with tepid water only. Apply a soothing, healing moisturizer as often as needed for the first 3 days. Products are available for sale in our lobby.
3. Use of Retinols, Retin-A, Tretinoin, Glycolic Acids, Kojic Acids, Citric Acids and Hydroquinone may be resumed 2 weeks post treatment.
4. Drink at least 6 - 8oz glasses of water to maintain hydration for the next 7 days.
5. Exercise should be avoided for 24-72 hours.
6. Avoid direct sun exposure for at least 2 weeks post procedure. A broad spectrum, physical block sunscreen is recommended daily. Sunscreen should not be worn for the first 24 hours.
7. Avoid unnecessary contact of the treated areas to prevent secondary infection for a full 24 hours.
8. Change to a clean pillow case to avoid infection or irritation.
9. Clean off any item that will come in direct contact with the treated area. Some examples include: sunglasses, prescription eyeglasses, cell phones and home phones.
10. Results will be gradual. Collagen formation takes 21-28 days and will continue to improve for up to 6 months after your final treatment.

**Please contact our office with any questions or concerns.**

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