

## Patient Instructions for Microchanneling with Skin Boosters

### Pre-Treatment Instructions:

1. Avoid excessive **sun exposure or sunburn** for 24 hours prior to procedure.
2. **Discontinue use of topical retinoids, topical antibiotics or acids** for 3-5 days prior to procedure.
3. Avoid treatment if you have an **active breakout or open lesion(s)**.
4. Wait 6 months following **oral isotretinoin (Accutane)** use.

### Intra-Treatment Instructions:

1. Skin will be cleansed of all makeup, sunscreen, and surface oils. Photos of the treatment area will be taken.
2. An optional topical numbing cream may be applied for 5-10 minutes prior to treatment.
3. Each treatment will last approximately 15-20 minutes.

### Post-Treatment Instructions:

1. Your skin may **feel warm and tight**, like mild sunburn, for 4-24 hours.
2. Avoid washing your face for the first 6-8 hours. After that you can wash your face with a gentle cleanser. Follow with a gentle moisturizer. **Use gentle products, morning and evening for the next 3-5 days.**
3. **Avoid applying any topical retinols, acids, vitamin C** or any skincare products with “active ingredients” for 3-5 days. Once skin is healed you can resume normal skincare regimen.
4. Mild **peeling or flaking** may occur for a few days after treatment.
5. **Avoid strenuous exercise, swimming, saunas or excessive perspiration** for 72 hours. As increased blood flow and sweat can cause discomfort and irritation to compromised skin.
6. **Strictly avoid sun exposure** for the first 24 hours as you will not be wearing sunscreen. You may return to sunscreen use 24 hours following the procedure. Continue to minimize sun exposure for 72 hours following the procedure.
7. **Avoid makeup** for 24 hours, then be sure to use clean brushes/ applicators before using them.