

Microneedling Pre- and Post-Treatment Consent Form

Please read the following and sign at the bottom for acknowledging your

consent. **PRE-TREATMENT INSTRUCTIONS:**

- Discontinue use of Retinol, Vitamin A creams and other topic medications for 3-5 days before and after your micro needling treatment.
- Sun exposure and/or usage of a tanning bed, including self-tanning products must be avoided for a minimum of 24 hours before and after the treatment, preferably 1 week. Treatment within 24 hours of prolonged sun exposure (natural sunlight, artificial tanning booth, or sunless tanning products) may result in hypopigmentation (white spots) or hyperpigmentation (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.
- Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment and should not be used during your course of treatment.
- No area to be treated should receive any type of Chemical Peel for 2 weeks prior and after treatment.
- Waxing and/or use of chemical depilatories must be avoided for 2 weeks prior and after the treatment. Shaving is allowed immediately before treatment and 48-72 hours after treatment as long as there is no skin irritation.
- You may not be pregnant or lactating for this treatment.
- You may not be on blood thinners.
- You may not have active acne or open lesions on the treatment area.
- You may not have been treated for skin cancer in the desired treatment area.
- Surgical scars must be healed for 6 months prior to being micro needled.
- If you are prone to keloid scarring this treatment might not be for you. Please consult your Doctor for advice.
- Notify the provider of any tattoos, including cosmetic tattooing, in the vicinity of the area to be treated as tattoos must be avoided. That includes permanent makeup and microblading.
- If you have a history of cold sores, we may recommend you use prophylactic antiviral therapy in the form of Valtrex® or Aycylovir before your treatment. If so, follow the directions prescribed by your Doctor.
- During the course of your treatments, notify your Aesthetician of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

POST-TREATMENT INSTRUCTIONS:

- No sunscreen for 4 hours. No makeup for 12 hours, and make sure to use only skin care makeup until the skin has healed.
- No contact with animals/pets near the treated area, or on your hands for 4 hours.
- Make sure your sheets and pillowcases are clean, especially for the first night.
- 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 performed. The skin may feel tight, dry, swollen, and sensitive to the touch. The treated area may appear darker and the darkened skin may flake off within 1 week. Avoid picking or exfoliating the area and allow old skin to flake off naturally.
- After Care Products and Regimen: Wash the treated area gently twice a day with a gentle cleanser. Use tepid water only. Apply a soothing, healing moisturizer or oil, as often as needed for the first 3 days.
- Apply CICA sheet mask twice a day to help accelerating the healing process, this is optional but highly suggested. You can purchase the CICA masks at our store or order online.
- Sun exposure must be avoided for at least 24 hours after your treatment, preferably 1-2 weeks. If you know you will get incidental sun exposure, i.e., driving to and from work, walking from your car to the house, etc., we recommend physical avoidance of the sun in all treated areas, a protective hat and a full spectrum sun block of SPF 30 or higher.
- Do not use exfoliating medications, chemicals, or products on the treated areas for at least 1 week.
- No exercise that causes sweating, Jacuzzi, sauna, or steam baths if any skin irritation exists.
- Advil or Tylenol may be taken as necessary for discomfort. Ice packs may be used if desired to minimize swelling.
- Sleep on your back with your head elevated slightly to reduce swelling.
- For best results and efficacy, we recommend a series of 3-6 treatments administered at 2-4 week intervals. You may notice immediate as well as longer term improvements in your skin.

I certify that I have read and fully understand the above paragraph, and I have had sufficient opportunity for discussion to have any questions answered.

I consent to the taking of photographs to monitor treatment effects as desired or recommended by my therapist. Yes_____ No_____

I hereby consent to the treatment of Microneedling with Sakura Wellness Spa for the treatments specified above.

Client Signature_____ Date_____

Provider Signature_____ Date_____