



# CLINICAL MICRO-NEEDLING POST-TREATMENT INFORMATION

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During the skin healing process, minor itching, hives, flaking, or redness may appear. If symptoms persist, please call your practitioner. Do not pick, squeeze or agitate during the recovery period. Please avoid the following activities for up to 2 days following a clinical micro-needling procedure:

- Direct ultra violet exposure (sun and solariums)
- Intensive cardio, exercise or gymnasium regimens
- Excessively hot showers, bathing, spas or sauna
- Spray or self-tanning
- Swimming in chlorinated pools or the ocean
- Tattooing (including cosmetic tattooing)
- Further clinical treatments (including, but not limited to): microdermabrasion, laser, intense pulsed light, chemical peels, muscle relaxant injections and dermal fillers) should be avoided for up to *two weeks*.

Please avoid the use of skin care products containing any of the following active resurfacing ingredients for up to 5 days following a clinical micro-needling procedure:

- Alpha hydroxy acids (AHAs) (including but not limited to) glycolic, lactic or malic acid
- Beta hydroxy acid (BHA) including salicylic acid
- Benzoyl peroxide
- Retinoids (including but not limited to) tretinoin, retinol and retinaldehyde
- Hydroquinone
- High levels of Kojic or azelaic acid
- Alcohol (including but not limited to) isopropyl alcohol/de-natured alcohol/rubbing alcohol

Light, non-occlusive and non-comedogenic make-up may be applied 24 hours post-procedure. Dp Dermaceuticals Cover Recover™ is a recommended daily skin protectant and camouflage in one.

If in doubt with any of the above activities or products, please call your practitioner for clarification on when normal activity or use may be resumed.

Please see back for your custom post-treatment skincare regimen provided by your practitioner, according to your individual needs and skin conditions.

Post-Treatment Skincare Regimen	AM	PM
<b>Cleanse</b>	<ul style="list-style-type: none"> <li>o Gentle Cleanser</li> <li>o Soothing Cleanser</li> </ul>	<ul style="list-style-type: none"> <li>o Gentle Cleanser</li> <li>o Soothing Cleanser</li> </ul>
<b>Correct</b>	<ul style="list-style-type: none"> <li>o Phyto Corrective Gel</li> <li>o Epidermal Repair</li> </ul>	<ul style="list-style-type: none"> <li>o Retinol (0.5) / (1.0)</li> <li>o Phyto Corrective Gel</li> <li>o Hydrating B5 Gel</li> <li>o HA Intensifier</li> <li>o Epidermal Repair</li> </ul>
<b>Protect (AM ONLY)</b>	<ul style="list-style-type: none"> <li>o Light Moisture UV Defense</li> <li>o Physical Under Eye UV</li> <li>o Physical Fusion UV</li> <li>o Physical Matte UV</li> <li>o Sheer Physical UV Defense</li> </ul>	
<b>Camouflage</b>	<ul style="list-style-type: none"> <li>o Quick-Fix Concealer Stick <ul style="list-style-type: none"> <li>o Ivory, Natural, Light, Beige, Tan + Caramel</li> </ul> </li> <li>o Smooth Liquid Camo Concealer <ul style="list-style-type: none"> <li>o Fair, Light, Medium, Tan + Deep</li> </ul> </li> <li>o Flawless Creator Foundation Drops <ul style="list-style-type: none"> <li>o 0N, 10N, 25N, 30N, 35W, 37W, 40N, 45C, 45W, 48N, 60N + 85N</li> </ul> </li> </ul>	
<b>NOTES FROM Chris Comfort MSN, CMSRN</b>		