



## Collagen Induction Therapy / Micro-needling Post-Treatment Instructions

### What's to be expected:

- **Day 1:** Skin will be erythematous and flushed after treatment, depending on the intensity of the treatment. Pinpoint bleeding may occur. **Do not apply makeup for at least 12 hours.**
- **Day 2:** A red or pink hue persists like moderate sunburn. Swelling and slight bruising may be more noticeable on the second day. Minor scratches may be visible. Apply recommended serum as needed.
- **Day 3:** Skin can be pink or normal color. Swelling subsides. The skin can feel dry and/or feel tight. A slight outbreak of acne or milia (tiny white bumps) is possible. Light peeling usually occurs in about three days and will be replaced with brand new skin.

**Please Note:** All clients are unique and could respond differently, the provided guidelines are typical responses but you may respond differently depending on your skin type, condition and medical health.

### Home Care:

- Wash with a gentle cleanser using your fingers only. Gently massage the face with lukewarm water. Remove serum and other debris such as dried blood. **Do not scrub, use a wash cloth or a soft cleansing mitt.** Cleanse areas treated twice a day. **Do not use exfoliating products for 72 hours.** A warm shower, with water running over face is recommended after treatment. Use of recommended home care products is highly encouraged for best results.
- Keep skin hydrated with CIT Enhancement serum or other recommended serum by your Aesthetician. You may use the recommended treatment serum as often as needed.
- Cold compresses may be applied following treatment for comfort. If neck or décolletage are treated, the redness might last slightly longer.
- Do not exercise for 24 hours after treatment. Avoid strenuous exercise for two to three days after treatment.
- Avoid direct sun light, saunas, steam rooms, hot baths or showers until redness is gone.
- Continue to avoid sun exposure to the treatment areas and apply a broad-spectrum sunblock with SPF minimum of 30. Apply it at least 30 minutes prior to sun exposure and repeat after every two hours of sun exposure. **Do not apply Sunscreen at least 2 hours after treatment.**
- After 2-5 days patients can return to regular skin care products or as soon as it is comfortable to do so. Mineral makeup may be applied the following day.
- Avoid waxing, facials, Botox, injectable fillers or any other skin care treatment 10 days – two weeks after treatment.
- New cell regeneration requires at least 6-8 8 oz. glasses of water a day (if you already drink that- increase by 2 glasses)

If skin becomes painful, swollen, red or inflamed, please notify your skin care professional, as this may represent an infection or allergic reaction that may require treatment.

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Patient Signature

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Date