



Bio-Microneedling Pre-Treatment Instructions

Preparing your skin for treatment day:

1. Avoid direct sun exposure or tanning bed at least 2 weeks prior to treatment and during treatment process.
2. Do not exercise the day of or for 48 hours after the treatment.
3. Avoid food or beverages containing caffeine or alcohol the day of treatment.
4. Avoid Retin-A and chemical peels/products for 2 weeks prior to treatment
5. Avoid injectable fillers or Botox 4 weeks prior to treatment.
6. Use a sun block with an SPF 30+ with UVA/UVB Broad Spectrum protection.
7. Day of treatment wear comfortable clothing. Your top should button or zip rather than pull over the head.
8. If you have open cuts, wounds, abrasions or during a cystic acne or cold sore breakout, we cannot perform the procedure.
9. Eat a healthy diet, whole food vitamins and minerals. It is also advisable to take 1000 mg of vitamin C and 2000 iu. of vitamin D3. This ensures an increase in vitamins internally and externally and will greatly aid in the healing process. Liquid and topical hyaluronic acid is recommended to retain moisture in the skin and prevent dehydration.
10. Drink 8 glasses of water/non-caloric fluids per day.

Patient Signature

Date