

Pre-MicroNeedling Treatment Instructions

Prior to your Microneedling session, please observe the following:

- No Retin-A products or applications 24 hours prior to your treatment.
- No auto-immune therapies or products 24 hours prior to your treatment.
- Avoid direct sunlight and tanning for one week prior to appointment. A microneedling treatment will not be administered on sunburned skin. If you have a new tan, microneedling could cause temporary hyperpigmentation.
- On the day of the treatment, please arrive with a freshly washed face, free of any lotions and makeup.
- If you are taking a blood thinner, aspirin or any other medication that you have the propensity to bleed easily while on, please tell your practitioner.
- If you are under a physician's care and need to discontinue your medication for a few days, always ask your physician prior to each Microneedling appointment.
- If you are planning to receive Botox, make sure that you give yourself at least 2 weeks post Botox injections before receiving your Microneedling procedure.
- If you have an active acne breakout before treatment, please consult your practitioner.
- If you are prone to cold sores, please take your doctor-prescribed antiviral medications for cold sores 24 hours before treatment and 24-48 hours after.
- Wait 6 months following oral isotretinoin (Accutane) use before a treatment.

MicroNeedling Client Intake

Date: _____

Name: _____

Sex: M / F

DOB: _____

Age: _____

Phone: (_____) _____

Street/City/State/Zip: _____

Concerns:

Wrinkles

Facial Redness

Stretch Marks

Acne Scars

Brown Spots / Age Spots

Sun Damage

Pore Size

Scars Due to Trauma

Area(s) of Concern: _____

Medical History: Please check all that apply from the past and the present

Waxing/Plucking/Electrolysis in last 2 weeks

Lupus or other auto-immune deficiency

Diabetes

Pregnant

Epilepsy

Bleeding Abnormalities

Scars that turn white or brown

Treatment with Accutane in the last 6 mos

HIV or Hepatitis

"Gold" Therapy resurfacing or face lift

Chemical peels, dermabrasion, laser

History of MRSA

Pace Maker/Heart Defibrillator

Hirsutism

Psoriasis or Vitiligo

Keloid or very thick scarring

Leg ulcer or Phlebitis

Transplant Anti-rejection drugs

Blood thinning medication

Dark spots after pregnancy

Rheumatoid Arthritis

Herpes simplex or fever blisters

Please list any medications or herbal supplements that you are currently taking including topical:

Allergies: _____

Are you currently under a doctor's care for any medical conditions? yes no

Patient Signature: _____ Date: ____/____/____

MicroNeedling Consent Form

I _____ have received a consultation with a Licensed Acupuncturist and I consent to the treatment of MicroNeedling.

The MicroNeedling treatment allows for controlled induction of hyaluronic acid into the skin. This stimulates the skin's self-repair process by creating micro-injuries. These injuries stimulate new collagen production, while not posing the risk of permanent scarring. The result is smoother, firmer and younger looking skin. The skin needling treatments are performed in a safe and precise manner with a sterile needle head and are usually completed in 15-20 minutes.

Contraindications: Accutane within 6 months, scleroderma, collagen vascular disease, or cardiac abnormalities, rosacea, blood clotting problems, platelet abnormalities, anticoagulation therapy (i.e.: Warfarin), facial cancer, past and present, chemotherapy, steroid therapy, dermatological diseases affecting the face (i.e. Porphyria), diabetes and other chronic conditions, active bacterial or fungal infections, immune-suppression, scars less than 6 months old and Botox/facial fillers in the past 2-4 weeks. Treatment is not recommended for patients who are pregnant or nursing.

Precautions: keloid or raised scarring, eczema, psoriasis, actinic keratosis, and herpes simplex.

Side Effects Typically Include:

- Skin will be pink or red and may feel warm, like mild sunburn, tight and itchy, which usually subsides in 12 - 48hrs
- Minor flaking or dryness of the skin, with scab formation in rare cases. DO NOT pick at flakes or scabs, they can come back worse. It is important to let them sooth off on their own.
- Crusting, discomfort, bruising and swelling may occur.
- Pinpoint bleeding.
- It is possible to have a cold sore flare if you have a history of outbreaks. It is advisable to take your doctor-prescribed antiviral medication 24 hours before and 48 hours after the procedure.
- Freckles may lighten temporarily or permanently disappear in treated areas.
- Infection is extremely rare but if you see any signs of tender redness or pus notify our office immediately.
- Hyperpigmentation (darkening of the skin) rarely occurs and usually resolves itself after a month.
- Permanent scarring (less than 1%) is extremely rare.

I have been informed about the treatment, procedure, indications, expected results and possible side effects. I consent to have photographs taken before, during and after treatment for my medical records.

I understand that the practice of medicine is not an exact science and that no guarantees can be or have been made concerning the expected results in my case. I am undergoing treatment of my own free will. I agree that this procedure is being performed for cosmetic reasons. I am also aware of and accept the risk of unforeseen complications that may not have been discussed and which may result from this treatment.

I acknowledge my obligation to follow the instructions closely and visit the office as directed. I certify that I have read the above consent agreement and fully understand it. These items have been reviewed and discussed with the practitioner and all my questions have been answered to my satisfaction. I also agree to hold harmless and release from any liability Beach Community Acupuncture or any of its officers, directors and/or employees for any condition or result, known or unknown that may arise as a result of any treatment that I receive.

Patient Signature: _____

Date: _____

What to Expect After MicroNeedling, and Post Treatment Instructions

Here's what to expect after your microneedling treatment, and suggestions to achieve the very best results.

Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. You may also notice some slight swelling. This is normal and will normally diminish within the same day or 24 hours. Your recovery time will be influenced by how aggressive your treatment was, as well as the sensitivity and state of your skin. Recovery time generally varies from between one to four days. Full results of a treatment will be evident after three weeks.

If you are concerned about any reaction, please call our office and contact your healthcare provider immediately.

After-Care

- Use only tepid water for the initial 24 hours to rinse the treated area. After 24 hours, use a gentle cleanser to cleanse the face for the following 72 hours and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area. NO washcloths, as they can irritate your skin.
- Sun Exposure: Avoid direct sun for at least 48 hours. No tanning beds!
- After the initial 24 hours, SPF 30+ sunscreen is mandatory if outside and should be reapplied every two hours. Physical sunblock is recommended for at least two weeks post treatment (e.g., zinc oxide and/or titanium dioxide).
- Do not take any inflammatory medicines (like Ibuprofen, naproxen, etc) for at least 2 weeks post treatment.
- NO makeup for 24 hours after the procedure. Do not apply any makeup with a makeup brush, especially if it is not clean.
- For at least 3 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments must be avoided during the first 72 hours post-treatment.
- Waxing/laser treatments: Avoid for 2 weeks.
- Facial treatments: Avoid for 2 weeks.
- DO NOT pick at your skin after treatment! Let any dry skin and scabs off naturally.