

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

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### Preparing Skin:

1. Avoid direct sun exposure or tanning bed at least 4 weeks prior to treatment and during treatment process.
2. Do not exercise the day of or for 48 hours after the injection treatment.
3. Avoid caffeine containing food or beverages day of treatment.
4. Avoid medications such as: Aleve, Advil, cold remedies, Vitamin E or aspirin 5 days prior to treatment.
5. Avoid Retin-A, chemical peels, injectable fillers or Botox 2 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. Notify medical aesthetician if you get cold sores. You will require an anti-viral prescription to avoid any breakout after treatments.
9. If you have open cuts, wounds, abrasions or during acne or cold sores breakouts, we cannot perform the procedure.
10. 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.
11. Drink 8 glasses of water/non-caloric fluids per day.

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*Patient Signature*

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*Date*