

BEAUTIFUL YOU PERMANENT COSMETICS, LLC (BYPC)
MICRO-NEEDLING TREATMENT PRE AND POST INFORMATION

This anti-aging treatment involves a series of micro needles that are lightly inserted into the dermis, causing your own wound healing system to stimulate collagen production in your skin. The needles cause micro-trauma and micro-inflammation. Your body responds by sending plasma and white blood cells to the area for healing. Blood platelets release clotting factors and essential growth factors. Fibroblasts make and deposit new extracellular matrix, collagen and new elastin. As your skin repairs itself, new collagen builds up in the dermis, just below the surface. The wrinkles, lines, depressed scars or tethered scar tissue plumps up and releases without the use of anything artificial (i.e. fillers, collagen substitutes). This process can be repeated gradually as needed for additional new collagen, as soon as every month for maximum efficacy of 3 to 5 treatments, although visible improvement is observed after just one treatment. A good skin care regime will help to maintain healthy skin.

At Beautiful You, we cleanse and exfoliate the skin before Micro-Needling. We then numb the entire region to be treated. We utilize specific Micro-Needling products designed by Bio Jouvance throughout the treatment. These products are based on your personal skin care needs (Rosacea, Dry Skin, Mature Skin, etc.). We then go over the skin numerous times, slightly deeper each pass. Throughout the process, a numbing solution is being utilized to maintain the client's comfort. A facial and neck massage is then performed and a facial maske suitable for your skin needs is applied. You will leave the studio with this maske on. It is a clear maske and your skin will feel dewy. You may leave the maske on throughout the night until the next morning, or you may rinse off that evening before bed.

Treatment achieves:

- Helps to build collagen
- Smoothes fine lines and plumps up structure
- Smoothes acne scars
- Stimulates growth factors

Pre-Treatment Instructions

- Avoidance of Accutane for the past 6 months
- Avoid retinoids, topical antibiotics, exfoliants, hydroquinone, sunburn, and benzoyl peroxide 3 days prior to procedure
- Avoidance of IPL/Laser procedures for the past 7 days prior
- No waxing, depilatory creams or electrolysis 5-7 days prior to the peel.
- No shaving the day of the procedure
- No significant changes in the skin recently reported including breakdown of skin or excess dryness or sunburn
- Skin is clean without lotion, oil, makeup, deodorant, powder, perfume or sunscreen
- Antiviral agent for 2 days prior to and day of treatment if history of cold sores
- Patient cannot have any active cold sores, herpes simplex, warts, facial abrasions, sunburn or excessive sensitive skin in the area to be treated.

Day of Treatment Instructions

- Omit lotions, creams, make up or deodorant in area to be treated
- Arrive with clean washed skin
- Inform provider of any changes in medical history and of all medications you are taking

Post- Treatment Instructions

Immediately after your Micro-Needling procedure, your technician may apply moisturizer and sunscreen topically. Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. Tylenol is okay to take for discomfort.

Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, always use sun screen SPF30 or above.

- Redness or sensitivity might be present (and last up to a few days) after peeling
- You may clean your face with a gentle cleanser before bed
- Use Tylenol only as needed for tenderness
- Peeling may start 3-5 days after treatment. Do not pick or scratch at treated skin but instead keep moisturized
- Eat fresh pineapple to optimize healing
- Avoid strenuous exercise or sweating for 24 hours due to open pores
- May treat skin gently by washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after Micro-Needling
- May use cool compresses after peel if excessive discomfort, burning, redness, or swelling
- Avoid sun exposure for 3 days and if possible 10 days. Apply a minimum of SPF 30 every 2 hours
- Restart regular skin care regimen in 48 hours and Retin A (if using) in 72 hours
- Recommend follow up and repeat treatments anywhere after one month. Three to five treatments are optimal.

Day 1: On the next day, you may clean your face as usual and apply makeup (clean sample from pump dispenser or from BYPC), lotions and other topical products as usual. Stay away from exfoliants or glycolic acids that are present in cleansers as these can make your skin very dry after the procedure. Be sure to use an approved SPF30 or greater sunscreen!

Days 2-7: Within two (2) days following your Micro-Needling procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer. If over 30 years of age, a Hyaluronic Acid serum/cream is encouraged as part of the skin care regime. If less than 30 years of age, a Vitamin C serum is encouraged as part of the skin care regime. If Micro-Needling was done around the eyes or mouth, you may have some micro bruising that may exist for three to four days. This can easily be covered with makeup. Days later, your skin will start shedding. These are skin layers that would regularly shed a week later, but the Micro-Needling brings this skin to the surface sooner. During this temporary process, your skin will shed and be dry. You may use your regular skin care products once your skin is not irritated.

Skin will appear fuller and more radiant after healing from the Micro-Needling procedure.