

Prior to Micro-Needling Appointment

Application of Topical Anesthetic Cream

Apply visible layer to full face (and neck if applicable) every 15 minutes for 45 minutes prior to your appointment. Or you may apply thick layer with occlusion 45 minutes prior to appointment. You will probably use about ¼ of tube. Avoid getting into the eyes. May apply cream to eyebrow and slightly below **but not** on lid itself. The effects of the cream will penetrate outward enough to micro-needle the area just the below eyebrow arch. You may use occlusion (plastic - saran wrap cut into pieces and applied to the face) for **better penetration** of anesthetic. If you choose wear the wrap to the office, you may remove it in the car prior to entering the office but **do not remove topical anesthetic**, Esthetician will do so at the time of procedure.

Post Care and What to Expect

You can expect redness similar to mild sunburn and possibly mild swelling for 24- 36 hours, depending on each person. Any discomfort during this time is minimal and make up may be applied within 12 hrs. Hydrate well with appropriate moisturizer and apply TNS Recovery Complex onto damp skin or with moistened finger tips daily.

The skin will be dry for 1 to 3 days and somewhat itchy. Do not scrub your skin with anything abrasive. Generally, the skin will roll off gently while using your finger tips and a mild cleanser in the shower or at the sink. Hydrate your skin promptly after cleansing. Use gentle skin care for the first 5-7 days then return to regular skin care regimen.

Collagen and Elastin remodeling will begin to occur within the first 30 days but maximum effects may not be seen for a few months and will increase with subsequent treatments. You may see skin tightening, reduction in wrinkle/acne scarring depth and pores appear smaller.

Wear sunscreen daily minimum of SPF 30.