

MICRONEEDLING PRE-TREATMENT ADVICE

NAKED
Cosmetic Ink

BEFORE TREATMENT:

- Discontinue use of Retin A, Retinols, Vitamin A creams and other topic medications for 3-5 days before and after your micro needling treatment.
- Sun exposure and/or usage of a tanning bed, including self-tanning products must be avoided for a minimum of 24 hours before and after the treatment, preferably 1 week. Treatment within 24 hours of prolonged sun exposure (natural sunlight, artificial tanning booth, or sunless tanning products) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months or may even be permanent. A Micro Needling treatment will not be administered on sunburned skin.
- Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment and should not be used during your course of treatment.
- No area to be treated should receive any type of Chemical Peel for 2 weeks prior and after treatment.
- Waxing and/or use of chemical depilatories must be avoided for 2 weeks prior and after the treatment. Shaving is allowed immediately before treatment and 48-72 hours after treatment as long as there is no skin irritation.
- You may not be pregnant or lactating for this treatment.
- You may not be on blood thinners.
- You may not have active acne or open lesions on the treatment area.
- You may not have been treated for skin cancer in the desired treatment area.
- Surgical scars must be healed for 6 months prior to being micro needled.
- If you are prone to keloid scarring this treatment might not be for you. Please consult your doctor or health professional for advice.
- Notify the provider of any tattoos, including cosmetic tattooing, in the vicinity of the area to be treated as tattoos must be avoided. That includes permanent makeup and microblading.
- If you have a history of cold sores, we may recommend you use prophylactic antiviral therapy in the form of Valtrex® or Aycylovir before your treatment. If so, follow the directions prescribed by your Doctor.

ON THE DAY OF TREATMENT:

- Arrive with clean, makeup-free skin.
- Avoid applying moisturisers, sunscreen, or oils.
- If you're prone to cold sores, take your antiviral medication at least 48 hours prior (for lip or facial areas).
- Stay hydrated and eat a light meal beforehand.
- During the course of your treatments, notify your technician of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

MICRONEEDLING POST-TREATMENT ADVICE

The logo for NAKED Cosmetic Ink, featuring the word "NAKED" in a large, serif font and "Cosmetic Ink" in a smaller, sans-serif font below it, all within a light brown rectangular background.

- No sunscreen for 24 hours.
- No makeup for 48 hours, mineral makeup is recommended until the skin has healed.
- No contact with animals/pets near the treated area, or on your hands for 4 hours.
- Make sure your sheets and pillowcases are clean, especially for the first night.
- A sunburn-like effect is normal for 1-3 days. You will look and feel sunburned after the treatment. Severity of redness will depend on how aggressive the treatment was performed. The skin may feel tight, dry, swollen, and sensitive to the touch. The treated area may appear darker and the darkened skin may flake off within 1 week. Avoid picking or exfoliating the area and allow old skin to flake off naturally.
- Aftercare products and regimen:
 - Wash the treated area gently twice a day with a gentle cleanser (e.g. Cetaphil, QV). Use tepid water only.
 - Apply a soothing, healing moisturizer or serum, as often as needed for the first 3 days.
- Sun exposure must be avoided for at least 24 hours after your treatment, preferably 1-2 weeks. If you know you will get incidental sun exposure, i.e., driving to and from work, walking from your car to the house, etc., we recommend physical avoidance of the sun in all treated areas, a protective hat and a full spectrum Mineral Sunscreen SPF 30 or higher.
- Do not use exfoliating medications, chemicals, or products on the treated areas for at least 1 week.
- No exercise that causes sweating, hot tub, sauna, or steam baths if any skin irritation exists.
- Advil or Panadol may be taken as necessary for discomfort. Ice packs may be used if desired to minimize swelling.
- Sleep on your back with your head elevated slightly to reduce swelling.
- For best results and efficacy, we recommend a series of 3-6 treatments administered at 2-4 week intervals. You may notice immediate as well as longer term improvements in your skin.

MICRONEEDLING POST-TREATMENT PRODUCT GUIDE



Day 0–1 (First 24 hours)

Goal: Calm, soothe, and protect.

Do:

- Only use lukewarm water to cleanse.
- Apply sterile or clinic-approved hyaluronic acid serum to rehydrate (e.g. Medik8 Hydr8 B5, SkinCeuticals Hydrating B5, or Aspect Dr Hyaluronic Serum).
- Keep skin clean and avoid touching it.

Avoid:

- Makeup, sunscreen, actives (vitamin A/C, exfoliants), and sweating/exercise.

Day 2–3

Goal: Hydrate + support barrier repair.

Cleanse:

- Use a gentle cleanser such as QV Gentle Cleanser, Cetaphil Gentle Cleanser, or Sk institut Gentle Cleanser.

Serum:

- Continue your HA or B5 serum morning and night.
- If skin feels dry or tight, layer a light moisturiser (e.g. La Roche-Posay Hyalu B5, CeraVe Moisturising Lotion, Sk institut Moisture Defence, or Dermaceutic Hyal Ceutic).

Protect:

- Begin using SPF 30+ daily if outdoors.

Day 4–7

Goal: Maintain hydration, avoid barrier disruption.

Cleanse:

- Gentle cleanser morning and night.

Serum:

- Continue hydrating serum twice daily.

Optional: introduce peptide or ceramide-based repair serum (Sk institut Rejuvenate 15 or Repair Balm).

Moisturiser:

- Hydrating, non-active moisturiser as needed.

Avoid:

- Retinol, acids, scrubs, fake tan, or laser treatments.



MICRONEEDLING POST-TREATMENT PRODUCT GUIDE

Day 7+

Goal: Resume regular skincare if no irritation.

- You may slowly reintroduce actives (vitamin C or retinol) if skin feels strong and calm.
- Continue hydrating and barrier-supporting serums for long-term results.
- Always wear daily SPF 30+ or higher.

Recommended Key Products

Step	Product Type	Brand
Cleanser	Gentle, non-foaming	• QV • Cetaphil • Sk institut
Serum	Hydration & repair	• Medik8 • SkinCeuticals • Aspect Dr • MooGoo
Moisturiser	Barrier support	• CeraVe • Dermaceutic • Sk institut CeraVe • La Roche-Posay Hyalu B5
SPF	Non-irritating sunscreen	• La Roche-Posay Anthelios • Ultra Violette Clean Screen