



# Dr. Bae's Health & Wellness Lounge

## MICRONEEDLING



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2100 Webster Street, Suite 429  
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[www.realdrbae.com/lounge](http://www.realdrbae.com/lounge)

## WHAT IS MICRONEEDLING?

Microneedling is a cosmetic procedure in which a device with tiny needles is used on the surface of the skin to create micro-injuries. This stimulates the body's own natural healing and regenerative response, which increases collagen production, resulting in smoother, softer skin with a more youthful appearance.

### Indications:

- fine lines and wrinkles
- scars caused by acne, surgery, or injury
- melasma, age spots, or dark spots
- uneven skin tone or rosacea
- stretch marks
- sun damage



## PRE-TREATMENT TIPS

- If you have active acne in the area of treatment, please call to reschedule your appointment.
- Arrive with fully cleansed skin: no makeup, moisturizers, perfume, cologne or other products on the skin.
- Avoid Retin-A, retinoids, topical antibiotics, exfoliants, hydroquinone, and benzyl peroxide for 3 days prior to treatment.
- Avoid sun exposure, tanning beds, and self-tanning products for 3 days prior to treatment.
- Chemical peels, waxing, IPL, botox, dermal fillers, microdermabrasion, and other clinical treatments should be avoided for 2 weeks prior to treatment.
- If you are prone to cold sores, please notify the clinic.
- Notify the clinic if you are taking any blood thinners such as aspirin, Motrin, Advil, Aleve, fish oil, or vitamin E.
- Do not shave on the day of your treatment to avoid irritation of the skin.

## THE PROCEDURE

Treatment duration: 90-120 minutes

### Pre-treatment cleansing

First, your skin is prepped using a glycolic acid cleanser. Next, a topical numbing cream is applied to help with any discomfort during the procedure. This will take 20-30 minutes to be effective. We'll get you comfortable with some soothing music, a blanket, leg massagers, and aromatherapy. If you are having PRP, blood will also be drawn at this time.

### Microneedling

The treatment begins! Based on your chosen facial, our customized serum is applied and the microneedling pen is carefully pressed systematically across your skin. This process may be repeated 2-3 times based on your skin.

### One last boost!

Afterwards, your skin gets an additional dose of the serum, plus a thin layer of hydrate cream to lock in all that moisture!



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## THE HEALING PROCESS



### Days 1-2

It is normal and expected for your skin to feel red, flushed, sun-burnt, tight, dry, swollen, and sensitive to touch. Using the gentle cleanser given to you and cool water, wash your face 4+ hours after your procedure. If you received PRP, do not wash your face for 12 hours. You may also apply the hydration cream given to you.



### Days 3-5

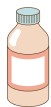
Your skin may still appear pink, but your skin will begin peeling. The dryness and flaking is caused by a turnover of old cells into new cells! Allow the skin to flake off naturally. Do not pick, scratch, or scrub the skin. Continue to apply the hydrate cream daily and as needed.



### Days 6-7

You may begin to use your regular skin care products and apply makeup once your skin no longer feels irritated. However, you may notice continued skin improvement over 2-3 months following your last treatment! Avoid direct sun exposure and use sunscreen regularly.

## Do's and Don'ts



Use the gentle cleanser and hydrate cream given to you



Avoid direct sun exposure for at least 7 days



No smoking nicotine. Ever.

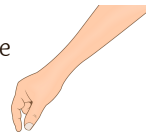
Sleep on your back with your head elevated



Avoid NSAIDs like Ibuprofen, Motrin & Aleve until healed



Do not pick, squeeze or agitate your skin during recovery



Eat healthy



Avoid makeup for at 4-5 days



No swimming in pools or the ocean for 4-5 days

Stay hydrated by drinking lots of water



Avoid activities that cause sweating for 4-5 days



Avoid other clinical treatments for 2 weeks before and after your procedure



Use sunscreen daily. Ideally SPF 30+ or higher