

Microchanneling Pre-treatment Instructions

Contraindications

While Microchanneling treatments are safe and effective for most women and men, there are some people who will not be good candidates for treatments. Here is a general contraindication:

- **Pregnancy** - if you are pregnant or nursing you are advised to not receive any Microchanneling treatments. To date there have been no studies conducted to see what effects these treatments may have on the unborn child, but as a general rule, pregnant women should stay away from any type of cosmetic/elective procedures.
- **Diabetes** - unstable diabetes patients should not be treated due to healing problems.
- **Active Herpes Simplex in the treatment area** - treatment is possible once the outbreak is healed, however it may be advisable to take prescription strength antiviral medication to keep this condition in remission during the treatment series.
- **Dry skin** - if your skin is overly dry, you will need to start moisturizing and ensure the condition is under control prior to undergoing any treatment.
- **Any active inflammatory skin condition** - e.g. eczema, psoriasis, infection, rash or any type of dermatitis at the treatment site (because it may aggravate the condition).



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- If you get cold sores regularly, taking acyclovir or valcyclovir starting one day prior to your microchanneling will reduce the likelihood of a breakout due to your treatment.
- Discontinue retinol (2% or higher) or tretinoin at least 3 days prior to treatment.
- For your first treatment, (and treatments at .25mm in general) numbing cream is typically not necessary, and you can expect mild redness and swelling, and a tight, warm sensation for between 4 & 24 hours.
- Later treatments with longer needle lengths may require topical numbing cream, and can produce redness and swelling along with tiny flecks of redness for between 4 & 72 hours.
- If your liver, kidneys and immune system are healthy, taking an NSAID such as Ibuprofen 2 hours before treatment may reduce any discomfort.
- If you are being treated for hair loss, please arrive at the office with the shortest haircut possible and clean hair. Please do not apply sprays or gels.
- If you are being treated with PRP or PRF drink an extra 24-32 oz of water for two to three days prior to treatment.
- If possible, please arrive at the office without makeup on, and with a clean, (and for men a clean shaven) face.
- If you've had Botox, Fillers or Threads injected you must wait at least two weeks before getting microchanneling. And you must be satisfied with the results before we can offer you any other treatments.



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