



OTM Skin
Tattoo Removal & Skin Care
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Before Care Preparation for Micro-needling & Nano Needling

You will be having a professional needling treatment on the day of your appointment. Please follow the outline below to prepare.

PRE-TREATMENT INSTRUCTIONS:

- Discontinue use of Retin A, Retinols, Vitamin A creams and other topic medications for 3-5 days before and after your 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 72 hours prior to receiving treatment and should not be used during your course of treatment.
- No area to be treated should have 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 needled.
- If you are prone to keloid scarring this treatment might not be for you. Please consult your Doctor 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.
- During the course of your treatments, notify your Aesthetician of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.