



VAMPIRE FACIAL/MICRONEEDLING

PRE-TREATMENT Instructions:

- STOP Hydroquinone and Retin A 3 days prior to treatment.
- If you suffer from cold sores/fever blisters – take Valtrex 3 days prior to treatment to prevent an outbreak.

TREATMENT Information:

- Immediately after you will be red and flushed similar to sunburn.
 - Light Tx (Redness will resolve within 1-2 days)
 - Deep Tx (Redness will resolve within 2-3 days)
- Swelling may be present when doing deeper treatments
- Dryness and tightness with slight sloughing is normal

POST-TREATMENT Instructions:

- Wait 4 hours post treatment before washing your face.
- Anti-inflammatory medications (such as Benadryl) may be taken before bed the evening after treatment.
- Avoid hot sweaty exercise for 24-48hrs.
- Avoid direct sun exposure and wear sunscreen daily starting the morning after treatment.
- No shaving for men for a week after treatment.
- **Mineral makeup can be applied to skin 24hrs after treatment.**
- **Avoid exfoliating face washes and products such as scrubs, Clarisonic, retinol, Alpha Hydroxy Acids (Glycolic, Lactic, Malic Acid, Salicylic) No Enzyme Peels or Microdermabrasion for 10-14 days.**
- Lightening products (such as Lytera 2.0 or BrightAlive) may be worked into your skincare regime 5 days post treatment.
- For excessive dryness you may use ZO Hydrating Cream.

Home Care - AM

- Wash face with a gentle cleanser (such as [Alastin's Gentle Cleanser](#)).
- Apply recovery gel.
- You may apply 1-2 pumps of Alastin Skin Nectar, if applicable.
- Apply Sunblock (Minimum of 30 SPF, such as EltaMD Physical).

Home Care - PM

- Wash face with a gentle cleanser (such as [Alastin's Gentle Cleanser](#)).
- Apply recovery gel.
- Apply 1-2 pumps of Alastin Skin Nectar, if applicable.