

## Collagen Induction Therapy ~ Post Care Instructions

The foundational principle of this treatment is that by piercing the top layer of skin (epidermis) your body will be stimulated to produce collagen. Using a series of fine, sharp needles to puncture the skin, minute channels are created and your body is encouraged to create “new skin” that is more youthful, firmer and smoother in appearance.

Immediately following the treatment high levels of vitamins A, C and D are applied, among other serums chosen by your esthetician to address your specific needs.

Because of the minute channels that have been created, the active ingredients in the vitamins and serums can reach deeper into the skin. These vitamins encourage skin rejuvenation.

For the first few days following your treatment, you may experience some redness and slight bruising or swelling. The skin may feel warm and tighter than usual. There may be minor scratches visible and a slight outbreak of acne or milia (tiny white bumps) is possible. Make-up may be used right after treatment and should cover most of above. Should you experience some itching (due to collagen stimulation) hydrocortisone cream can be used.

For the first two days, wash area treated with cleanser twice daily.

Apply the moisturizer as needed. Light peeling usually occurs in about three days and will be replaced with brand new skin.

It is also advisable to take 1000 mg of vitamin C and 2000 i.u. of vitamin D3. This ensures an increase in vitamins internally and externally and will greatly aid in the healing process.

Avoid saunas, steam rooms, HOT baths or showers until redness is gone. Excessive exercise should also be avoided for the first few days. For two weeks, avoid intense sunlight exposure and tanning; then always use a broad spectrum UVA/UVB sun protectant. At least an SPF 30

Everyone's skin reacts differently and although you will see immediate results, it can take three to nine months, and 1-5 treatments to see a dramatic change in your skin. You will have continued improvement for a full year after treatments are completed. New cell regeneration requires at least 6-8 8 oz. glasses of water a day (if you already drink that- increase by 2 glasses)!