*Progressive Laser LLC*

*"Science enhancing Beauty..."****Nano-needling Pre-Post Treatment Instructions***

*For best results, please follow these instructions*

Nano-needling involves the introduction of fine needles through the skin. The purpose is to

create micro-channels in the skin allowing the infusion of active ingredients to penetrate deeply and effectively into the epidermis, nourishing the skin and stimulating the regrowth of collagen. A series of 4 to 6 treatments are recommended and the frequency can be every 2 to 4 weeks.

**What to Expect During & Immediately After Treatment:**

During treatment you will feel a mild vibration and slight tingling. Your skin may experience slight erythema and tightness. These are all normal reactions that typically resolve within 72 hours depending on skin sensitivity.

You may experience tingling and stinging during the treatment area. These sensations generally subside within three hours of treatment.

Client experiences may vary. Some people may experience a delayed onset of the previously mentioned symptoms. Contact us immediately if any unusual side effects occur or if symptoms worsen over time.

**Next Steps:**

You will likely see results immediately after treatment and your skin will feel smooth and hydrated for one to four weeks. For improved, longer lasting results, consider take-home products and monthly treatments.

The treatment area is more susceptible to sunburn, sun damage and hyperpigmentation. Avoid direct sun exposure and use a minimum of SPF 30. Avoid strenuous exercise for two to three days after treatment. Avoid waxing, facials, Botox, injectable fillers or any other skin care treatment 10 days - two weeks after treatment.

**Good skincare through a Healthy Lifestyle.** *Maintain your skin health by following the below recommendations*

* Drink plenty of water
* Eat a balanced diet
* Take daily vitamins
* Exercise regularly
* Get plenty of sleep
* Avoid smoking
* Avoid tanning beds
* Minimize alcohol consumption
* Manage daily stress