



## Treatment Instructions for Collagen Induction

*Disclaimer: You are not a candidate if you are pregnant or breast feeding.*

### Pre-Treatment Instructions:

- If you have a history of cold sores, please inform your provider prior to treatment. The doctor will need to write a prescription to pre-treat to eliminate the chances of you developing a cold sore post treatment.
- Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore or blemish in the treatment area.
- Avoid Dermal Fillers at least 2 weeks prior to treatment and 2 weeks after treatment.
- Do NOT use the following products 3 days prior or 3 days after your treatment (or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams (unless instructed otherwise by your provider).
- Do not apply any creams, lotions, perfume or makeup etc. on the area to be treated, prior to treatment.
- Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment. Sun may cause adverse reactions, as well as make your pigmentation worse.
- **You will be expected to arrive early for numbing, let your provider know if you have an allergy to topical Lidocaine.**

### Post-Treatment Instructions:

- Apply your ComplexCity sunscreen every 2 hours to prevent post procedure side effects, if exposed to sun.

- Apply your ComplexCity Apple Stem Cell Serum at 5 times a day or as needed, for at least 5 days after treatment. You may use it longer for optimal results.
- The next day you may cleanse the treated area with your Rose Hip Seed Cleanser with tepid warm water. Apply cleanser to fingertips with water in a gentle motion. Do not use a washcloth or scrubs.
- You may resume your normal skin care routine 5-days post treatment.
- Avoid excessive sweating or exercise for 24 hours post treatment. (i.e. hot tubs, saunas, etc.)

**What To Expect:**

- After treatment, the area may feel like mild sunburn and can be covered up with makeup the day after treatment, if desired. Slight redness can remain up to 3 days and longer in rare cases.
- In rare cases, you may experience bruising, depending on skin sensitivity and/or blood thinning medications.
- During treatment and just after, you may experience pinpoint bleeding; this is a normal response with this procedure.
- The skin can feel dry or flake as a normal result of this procedure. This should resolve within a few days, in rare cases longer. You may experience a rough texture to the skin for a few days; this is a normal response after the Collagen Induction treatment.
- Although extremely rare, red stripping may occur and should subside within 3 days.
- Excessive scabbing, stripping or irritation should be reported to the office right away.