MICROCHANNELING PRE & POST TREATMENT CARE INSTRUCTIONS

Pre-Treatment:

As early as 3 months prior to your 1st treatment, take Vital Proteins Marine Collagen Daily, and on an ongoing basis, to support collagen production

- Discontinue actives (AHAs, BHAs, Benzoyl Peroxide, Retinoids) 1-7 days prior, as instructed by GLO
- Limit prolonged sun exposure and wear hats & broad spectrum, mineral sunscreen when outside for 1 week prior to treatment
- Avoid sweating for 2 hours prior to treatment
- Avoid injectables for 2 weeks prior to treatment
- Avoid laser treatments and medium depth peels for 2-4 weeks prior to treatment, as advised by GLO

TODAY:

- Keep skin clean. Anything that touches your face should be clean (i.e. glasses, cell phone, hands, pillowcase, etc.)
- If your skin feels dry, tight or itchy, wash your hands and pat on some water
- You may shower, but use caution and tilt head back to rinse hair
- GLO will instruct you as to whether you should use any products today
- No sweating or makeup
- Limit prolonged sun exposure and wear hats & broad spectrum, mineral sunscreen when outside for a minimum of 1 week post to treatment. However, for ultimate skin health this is generally a good practice.

Day 2-7:

- You may clean your face as usual with a gentle, basic cleanser
- Additional moisturizer may be applied to relieve dryness or itchiness

- Don’t use any active ingredient products (i.e. retinols, AHAs/ BHAs, etc.) for the first 5 days post-procedure
- To enhance results, use a serum recommended by GLO to enhance collagen production
- Continue sunscreen use as advised above
- It is normal to experience temporary dryness, tightness, itching, mild flaking, erythema, edema and visible dots where the channels were made

Days 7+: A week after the microchanneling procedure, most patients notice that their skin is smoother and more radiant. Continue to use a customized regimen to support your skin daily.

Results vary, a series of 3-6 treatments is typically recommended to achieve optimal results depending on individual condition and response.