DERM & MANE
Medical Aesthetics

Microchanneling: pre- and post-care

Scalp • Hair Restoration • Facial Skin • Neck • Décolleté Please review before your appointment and keep for reference after treatment. Follow your practitioner's individualized instructions if they differ. Important: Microchanneling temporarily creates controlled microchannels in the skin. Mild redness, warmth, sensitivity, tightness, swelling, pinpoint bleeding, dryness, flaking, or tenderness can occur. Healing varies by person.

Client Information

Full Name: _____ Treatment Date: _____

Treatment Area: _____ Practitioner: _____

48-72 Hours Before Treatment - Do

- ☐ Keep the treatment area clean and gently moisturized.
- ☐ Protect the treatment area from significant/direct sun exposure.
- ☐ Notify the clinic about any new medication, supplement, illness, rash, cold sore, infection, or irritation.
- ☐ Follow individualized preparation instructions from your practitioner.
- ☐ Arrive with clean skin/scalp as instructed.

48-72 Hours Before Treatment - Do Not

- ☐ Do not intentionally tan or expose the treatment area to significant sun.
- ☐ Do not use harsh scrubs or aggressive exfoliation.
- ☐ Do not wax or use depilatories on the treatment area unless approved.
- ☐ Do not pick, scratch, squeeze, or otherwise traumatize the treatment area.
- ☐ Do not introduce new irritating skincare/scalp products without discussing them with the clinic.

Skincare / Scalp Products - Review With Your Practitioner

- ☐ Your practitioner may advise temporarily pausing retinoids/retinol, AHA/BHA/PHA acids, benzoyl peroxide, or other irritating actives.
- ☐ Do not stop prescribed or medically necessary medications unless directed by your prescribing clinician.
- ☐ Tell the clinic about all products currently used on the treatment area.
- ☐ Current skincare/scalp products reviewed with practitioner

Medications & Supplements

- ☐ Tell your practitioner about all prescription/OTC medications, vitamins, herbs, and supplements.
- ☐ Some may affect bleeding, bruising, healing, or sensitivity.
- ☐ Do not independently stop a prescribed medication.

Medication/supplement changes: _____ Practitioner instructions: _____

Day Of Treatment - Do

- ☐ Stay adequately hydrated and eat normally unless otherwise instructed.
- ☐ Wear comfortable clothing that will not rub the treated area.
- ☐ Arrive with the treatment area clean and free of makeup, heavy creams, oils, or styling products as instructed.
- ☐ Tell your practitioner about new symptoms or health changes.
- ☐ Ask questions before treatment begins.

Day Of Treatment - Do Not

- ☐ Do not arrive with active sunburn, open wound, significant rash, or suspected infection in the treatment area.
- ☐ Do not conceal changes in medical history, medications, or skin/scalp condition.
- ☐ Do not apply irritating products immediately before treatment unless instructed.
- ☐ Avoid strenuous activity immediately before treatment if it causes significant sweating or flushing.

Immediately After Treatment

- ☐ Temporary redness/flushing, warmth, tightness, sensitivity, mild swelling, or pinpoint bleeding may occur.

- ☐ Follow cleansing, product, and activity instructions provided by your practitioner.
- ☐ Use only products specifically approved for your post-treatment routine.
- ☐ Do not add new products or home treatments without checking with the clinic.

First 24 Hours - Do

- ☐ Wash hands before touching the treated area.
- ☐ Follow clinic cleansing instructions and use only approved products.
- ☐ Keep the area clean and protected from direct sun.
- ☐ Use gentle care and avoid unnecessary touching or friction.

First 24 Hours - Do Not

- ☐ Do not pick, scratch, rub, scrub, peel, or exfoliate the treated area.
- ☐ Do not use acids, retinoids/retinol, benzoyl peroxide, or other irritating actives unless approved.
- ☐ Do not use unapproved makeup, skincare, hair products, oils, or fragrances directly on the treated area.
- ☐ Avoid sauna, steam rooms, hot tubs, and very hot water.
- ☐ Avoid strenuous exercise or excessive sweating unless your practitioner says otherwise.
- ☐ Do not swim.

Days 2-3

- ☐ Continue gentle cleansing and approved moisturizing/product care.
- ☐ Dryness, tightness, sensitivity, or mild flaking can occur as the skin heals.
- ☐ Do not pick or pull at flaking skin; allow it to shed naturally.
- ☐ Continue sun avoidance/protection according to clinic instructions.
- ☐ Avoid exfoliation, harsh cleansers, tanning, swimming, sauna/steam, and unapproved actives.

Days 4-7

- ☐ Continue gentle cleansing and moisturization.
- ☐ Use sun protection as directed once the skin is intact and appropriate for sunscreen.
- ☐ Resume products and activities only according to your practitioner's timeline.
- ☐ Contact the clinic if irritation is persistent, worsening, or unexpected.

Timing varies: Retinoids, acids, exfoliants, makeup, shaving, exercise, swimming, sauna/steam, and other cosmetic treatments should be resumed only when your practitioner advises it is appropriate.

Scalp Microchanneling Aftercare

- ☐ Follow the clinic's specific instructions for when and how to wash the scalp.
- ☐ Use only recommended scalp products during healing.
- ☐ Do not scratch, pick, or aggressively massage the treated scalp.
- ☐ Avoid excessive sweating, heat, swimming, and direct sun for the instructed healing period.
- ☐ Avoid hair dye, bleach, chemical services, or irritating scalp products until cleared.
- ☐ Minimize friction from tight headwear or other sources as instructed.

Skin / Facial Microchanneling Aftercare

- ☐ Use a gentle cleanser and practitioner-approved moisturizer.
- ☐ Use appropriate broad-spectrum sun protection once advised and once skin is intact.
- ☐ Avoid makeup for at least the first 12-24 hours or until your practitioner advises it is safe.
- ☐ Avoid facials, waxing, dermaplaning, peels, laser/IPL, and other cosmetic procedures until cleared.
- ☐ Do not use exfoliating scrubs or active ingredients until cleared.

Resuming Your Normal Routine

Your exact timeline depends on the treatment area, device, needle depth/settings, products used, skin/scalp condition, and individual healing. Your practitioner should provide the final timeline.

Resume Makeup / Date: _____ Resume Exercise / Date: _____ Resume Hair Chemical Services / Date:

Resume Active Skincare / Date: _____

Resume Swimming / Date: _____

Other / Date: _____

_____

Sun Protection

- ☐ Avoid intentional tanning and significant direct sun exposure while the area is healing.
- ☐ Sun exposure may increase irritation and the risk of unwanted pigment changes.
- ☐ Follow your practitioner's sunscreen and physical-protection instructions.
- ☐ Use shade, protective clothing, and hats when appropriate.

What Is Normal

- ☐ Temporary redness or flushing
- ☐ Mild swelling
- ☐ Tightness or sensitivity
- ☐ Dryness
- ☐ Temporary scalp tenderness
- ☐ Warmth
- ☐ Tenderness
- ☐ Pinpoint bleeding
- ☐ Mild flaking

When To Contact The Clinic

- ☐ Worsening or severe pain.
- ☐ Increasing redness, swelling, or significant warmth.
- ☐ Pus, unusual drainage, spreading rash, or other signs of infection.
- ☐ Fever, blistering, or significant skin/scalp reaction.
- ☐ Any unexpected or concerning change during healing.

Emergency

Seek emergency medical care for severe difficulty breathing, facial/throat/tongue swelling, fainting, or a serious/rapidly worsening allergic or systemic reaction.

Client Acknowledgement

I confirm that I received and reviewed these microchanneling pre- and post-care instructions. I understand that my practitioner may modify these instructions based on my treatment, products/settings used, and individual healing. I agree to follow the instructions provided and to contact the clinic with concerns.

Client Name: _____ Date: _____

Client Signature: _____ Practitioner Signature: _____

Practitioner / Clinic Notes - Individual Instructions

Pre-treatment instructions: _____

_____

Post-treatment instructions: _____

_____

Products recommended / products to avoid: _____

Follow-up date: _____ Practitioner initials/signature: _____

Clinical note: This is a general educational template. Final instructions should be customized to the specific microchanneling device, needle depth/settings, products/serums used, treatment area, patient factors, and clinic protocol. Final wording should be reviewed and approved by the clinic's supervising medical professional.