

*DISCLAIMER: This documentation is for general information purposes only and not intended as legal advice. The sample consent form is provided for your convenience and should be reviewed and edited to ensure that its contents comply with your local regulatory (legal) and institutional requirements.*

# CODE-X

## Pre & Post treatment guidelines

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### PRE-TREATMENT

**Avoid Certain Medications:** Blood thinners, such as aspirin, ibuprofen, or vitamin E supplements, for at least one week prior to your treatment. These can increase the risk of bleeding and bruising.

**Topical Products:** Cease the use of retinoids (e.g., Retin-A, Differin) and exfoliating acids (e.g., glycolic, salicylic) 3-5 days before treatment to reduce skin irritation and sensitivity.

**Avoid Harsh Skincare:** Refrain from using any harsh skincare products or treatments that could irritate the skin, such as chemical peels or aggressive exfoliants.

**Sun Exposure:** Avoid sun exposure and tanning beds for at least two weeks before your treatment. Sunburned or tanned skin can increase the risk of complications.

**Skin Hydration:** Keep your skin well-hydrated by drinking plenty of water and using a gentle, hydrating moisturizer in the days leading up to the treatment.

**Alcohol and Caffeine:** Limit alcohol and caffeine intake 24-48 hours before the procedure, as they can contribute to dehydration and increase skin sensitivity.

**Clean Skin:** Arrive with clean, makeup-free skin. Avoid applying any creams, lotions, or makeup on the day of the treatment.

**Medical History:** Inform your provider about any current skin conditions, allergies, or medications you are taking.

**Shaving:** If you need to shave, do so at least 24 hours before the treatment to avoid irritation.

Following these pre-treatment guidelines will help ensure your CODE X session is as effective and comfortable as possible. Always follow specific instructions provided by your skincare professional.

### POST TREATMENT

After a CODE X (microneedling) treatment, following the proper post-treatment care guidelines is essential for achieving optimal results and minimizing any potential side effects. Here's a comprehensive list of post-treatment guidelines:

**Sun Protection:** Stay out of direct sunlight for at least 7-10 days post-treatment. Use a broad-spectrum sunscreen with SPF 30 or higher, and reapply it every 2 hours if you're outdoors.

**Gentle Cleansing:** Use a mild, non-irritating cleanser to wash your face. Avoid exfoliating or using any abrasive scrubs.

**Hydration:** Apply a gentle, hydrating moisturizer to keep your skin hydrated and support the healing process.

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**Makeup:** Refrain from using makeup for at least 24-48 hours post-treatment to avoid clogging pores and potential irritation.

**Topical Products:** Avoid retinoids, glycolic acids, and other harsh skincare products for at least 5-7 days. These can increase sensitivity and cause irritation.

**Heat and Exercise:** Avoid hot showers, saunas, and intense physical exercise for at least 48 hours. Excessive heat and sweating can irritate the skin and increase the risk of infection.

**Skin Healing:** Do not pick, scratch, or peel any flaking skin. This can lead to scarring and compromise the results of the treatment.

**Hydration:** Limit alcohol and caffeine intake as they can dehydrate the skin and potentially hinder the healing process.

**Aftercare Products:** Apply any recommended aftercare products provided by your skincare professional, such as serums with hyaluronic acid or peptides, to aid in healing and enhance results.

Contact your skincare professional if you experience any severe discomfort or complications. Adhere to any additional specific instructions given by your skincare professional tailored to your individual needs and skin type.

By following these post-treatment guidelines, you'll help ensure a smooth recovery and maximize the benefits of your CODE X treatment. If you have any concerns or questions about your aftercare, don't hesitate to reach out to your skincare provider.