



# RECOMMENDATIONS BEFORE MICRO-NEEDLES NANOPORE



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## PLEASE READ VERY CAREFULLY AND FOLLOW THESE INSTRUCTIONS BEFORE THE MICRO-NEEDLE PROCEDURE (NANOPORE):

1. Avoid sun exposure one week before the procedure.
2. As recommended by the specialist in consultation, apply 0.025% retinoic acid to the area at night for 15 days before the procedure and suspend 3 days before it.
3. Do not drink alcoholic beverages the day before or the day of the procedure.
4. If it is not strictly necessary due to any pathology, 5 days before the procedure avoid taking medications such as aspirin, ASA, mejoral, alkaseltzer, peptobismol, anticoagulants, non-steroidal anti-inflammatory drugs (ibuprofen, diclofenac, naproxen), vitamin E, omega 3, ginkgo biloba, soy lecithin, green drinks or homeopathic medicines of which you don't know the ingredients, spirulina, moringa, garlic capsules and fish gel. These recommendations are unless your doctor suggests not suspending some of them, mainly in patients with a history of cardiovascular diseases where it may be decided to continue with medications such as aspirin or some anticoagulants. This in order to avoid bruises.
5. There is no need of fasting for this procedure.
6. On the day of the procedure, it is suggested that you attend with comfortable clothing.

7. Avoid makeup the day of the procedure.
8. Clean your skin with a gentle cleanser one hour before the session.
9. Report any changes in your health in advance. In the event that on the day of the procedure you present an inflammatory or infectious-looking lesion located at or near the site where the procedure is to be performed, your treating physician may consider not performing the procedure for your safety and reschedule your appointment until this condition is resolved.
10. Present yourself alone or with a maximum of one (1) healthy relative or companion of legal age, and under the age of 70, at the reception of the Aurora Clinic 30 minutes before the procedure. Keep in mind that you will not necessarily be admitted upon arrival, but punctuality will allow us to streamline procedures and achieve adequate care.
11. Please note that after the procedure it is possible that the treated skin may be red, slightly swollen, and you may feel a slight burning or pain. You will be asked not to expose yourself to the sun. The medical formula for a speedy recovery will be given to you at the end of the procedure.
12. If you cannot attend the Clinic for the procedure, please notify the institution staff as soon as possible: 323-225-2247 or telephone (604) 444-35-37 extension 100.

13. After the procedure, remember to leave the Clinic with your belongings and documents, including the instructions that inform how to take care of yourself the following days.

If you have any questions that this instruction manual does not solve, please contact us at 323-225-2247, from Monday to Friday from 7:00 a.m. at 6:00 p.m. and Saturdays from 8:00 a.m. at 1:00 p.m.



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