

# Inner Balance Physical Therapy

## Cosmetic Dry Needle Preparation, Precautions, & Contraindications

### Preparation Before Sessions

1. Do not wear any makeup to your appointment. We need to take a close look at your areas of concern and makeup will make it difficult to see. Avoid face cream (if oily) on session day.
2. Use a hair tie or headband to keep your hair out of your face during your session.
3. Any form of skin penetration triggers the immune system to begin self-healing. If you have a history of facial cold sores, know that sometimes the immune system leads to an outbreak.
4. For females, if you are premenstrual know that you may be more sensitive to the needles during that time.
5. Be aware there is a small risk of bruising so avoid a session before an important event.
6. It is best not to receive any other cosmetic treatments during your facial dry needling sessions to avoid a possible inflammatory response. Receiving more than one type of treatment at the same time makes it difficult to know which treatment is or is not working.
7. Make sure you are well hydrated before your session.
8. Avoid eating 30 mins before your session.

### Precautions & Contraindications

1. Hemophilia and other bleeding disorders
2. Vertigo & dizziness due to increased blood flow to the head/face
3. Severe high blood pressure due to increased blood flow to the head/face
4. Severe migraines and headaches due to increased blood flow to the head/face
5. Open sores and areas of active inflammation (including acne and active herpes outbreaks)
6. Bruises easily (more of a precaution due to lots of blood vessels in the face)
7. Pacemakers (DN is fine as long as there is no electrical stimulation added)
8. Anti-coagulant medications (ie., blood thinners due to bleeding potential)
9. Keloid scars (because they don't stop growing - don't needle those scars)
10. Cancer (acquire a doctor's note for approval)

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## Cosmetic Dry Needle Aftercare

1. It is not unusual to feel a little light headed after the session due to the increased blood flow to the face. Take your time when you get up.
2. Make sure you are well hydrated after each session.
3. We use Organic Green Tea Oil at the end of our sessions which protects and nourishes the skin. This light oil is a non-greasy carrier oil that is quickly absorbed by the skin. It is rich in vitamins, minerals, and antioxidants, making it beneficial for an array of skin types, including acne-prone, aging, dry, and combination skin. It is also a good treatment to use at home (a few drops of oil and a little water) to help support the treatment. Use twice a day. If you prefer we do not use it you could bring your own in for post care.
4. Gua Sha tools and dermal rollers are a great way to massage the facial skin between sessions. If you are interested, let us know and we can recommend a brand.
5. There is a possibility of bruising, although it is a low risk. Keep this in mind as you plan events. You may not want to have a session several days before an important event just in case.