

MICRONEEDLING TREATMENT GUIDELINES

Before Your Treatment

- Avoid Retinol, Retin -A/Tretinoin products 24 hours prior to your treatment.
- Avoid sun exposure to the face 24 hours prior to your treatment. A Microneedling treatment will not be administered on sunburned skin.
- Avoid Aspirin/Ibuprofen and any blood thinning medications 1 week prior to procedure
- If you have a history of herpes or cold sores, we highly recommend a course of anti-viral medication pre and post treatment. This will prevent an outbreak of cold sores if you are prone to them. Please let us know if we need to send in prescription to your pharmacy.
- On the day of the treatment, arrive with skin cleansed.
- If you are applying numbing cream at home, apply to clean face 15 minutes prior to your appointment. We will cleanse off prior to your treatment.
- If you do not have numbing cream, plan to arrive at the office 15 minutes prior to your appointment with a cleansed face.

If you are planning to receive Botox/Filler, make sure that you give yourself at least 2 weeks post injections before receiving your Microneedling procedure.

After Your Treatment

- Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. You may also notice some slight swelling; both are normal and should subside after 1 to 2 hours and will normally diminish within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.
- Bruising, pinpoint bleeding, minor scabbing, minor breakouts, swelling and/or redness may occur and will resolve within 7-10 days of treatment.
- Do not pick, peel, rub, scrub or irritate your skin in any way while it is healing, as this may cause scarring.
- Wait 8 hours before cleansing skin.
- Avoid intentional and direct sunlight for 48 hours. No tanning beds.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity, hot tubs, saunas for the first 24 hours post-treatment.
- Follow recommended post-Microneedling skin care regimen for first 3 days after your treatment
- You may resume your regular skin care routine as long as peeling/flaking has subsided. If you are still peeling/flaking, be patient and allow your skin the time it needs to heal before starting back on your routine.