

Microneedling Pre & Post Care PDF

If you have any additional questions/concerns, feel free to call our office or ask your treatment provider

Pre-Care

- 1. Avoid sun exposure/burns twenty-four (24) hours prior to treatment.**
- 2. Discontinue use of retinoids twenty-four (24) hours prior to treatment.**
- 3. You should not have an active breakout, active cold sores, or open lesions. If this occurs, your microneedling treatment should be rescheduled.**
- 4. Allow at least (twelve) 12 hours after autoimmune therapies before having a microneedling treatment.**
- 5. Wait six (6) months following isotretinoin (Accutane) use before a microneedling session.**
- 6. Skin types Fitzpatrick IV-VI, pigment may darken prior to lightening.**
- 7. Wait at least forty-eight (48) hours before or after Botox treatment to have a microneedling treatment. One (1) week before or after any fillers such as Juvederm, Restylane, etc. One (1) month before or after laser treatments such as IPL. One (1) month before any chemical peels.**

Post-Care

- Day 1 - Mild to moderate redness and swelling, similar to a sunburn. No sunscreen or makeup.**
Day 2 - Some persistent redness and swelling may be present. May apply sunscreen and makeup.
Day 3 - Most redness, bruising, and swelling almost gone.
Day 4 - Return to normal appearance without makeup

- 1. With clean hands, use a soothing cleanser with tepid water to cleanse face twice daily. Following your treatment, your skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to perfect balance. Immediately following your procedure, a broad-spectrum UVA/UVB sunscreen will be applied to the treatment areas.**
- 2. To avoid unnecessary side effects from the treatment, a chemical-free sun protection should be worn every day. Sun exposure should be avoided for at least two weeks prior to treatment.**
- 3. Do not apply makeup the day of your procedure. Clean all makeup brushes and applicators prior to use on treated skin. Use ONLY pure mineral makeup during the healing process to avoid infection.**
- 4. Heavy exercising and sweating can irritate the delicate skin and slow down your ability to heal quickly. Avoid exercise, excessive sweating, and hot showers for three days following your treatment.**