

Microneedling Precare Instructions



Prior to your microneedling session, please observe the following:

- Avoid Accutane 6 months prior to your treatment.
- Avoid IPL/Laser procedures, unprotected sun exposure, or sunburn for at least 2 weeks prior to your treatment.
- Do not receive Botox injections less than 2 weeks prior to treatment.
- Avoid blood-thinning agents for one week prior to your treatment.
- No waxing, depilatory creams, or electrolysis to the area being treated 5-7 days prior to your treatment.
- Do not use retinoids, exfoliants, topical antibiotics, or acids 5-7 days prior to your treatment.
- Do not take anti-inflammatory medications such as ibuprofen, Motrin, or Advil for at least 3 days prior to your session.
- If you are prone to cold sores, take an antiviral agent for 2 days prior to and on the day of the treatment.

On the day of your appointment, please observe the following:

- Do not apply makeup or remove it before coming in for your session.
- Do not shave the treatment area the day of your treatment to avoid skin irritation.

Microneedling Aftercare Instructions

Avoid sun exposure for at least 24 hours. Do not tan or expose yourself to prolonged sunlight for at least two weeks. ALWAYS use sunblock (30 SPF or higher).

FOR THE NEXT 3 DAYS:

- Keep the treated area clean by washing with freshly washed hands and mild soap (such as Cetaphil) twice a day.
- Do not use a washcloth or sponge to remove soap.
- Do not use acne cleansers, astringents or anti-aging products.
- Dry the area completely after washing by gently blotting with a clean tissue.
- Only wear mineral makeup.
- Sleep on your back with your head elevated to minimize pain and swelling.
- Avoid recreational water activities such as saunas, hot steam showers, and swimming.
- Avoid vigorous activities that will make you sweat.
- Flaking may occur and is natural. Do NOT pick, scratch, or scrub your skin.
- Allow it to flake off naturally.

Allergic Reaction or Infection: It is rare, but there is a chance of allergic reaction or infection. At any time you are uncomfortable please visit your physician for further information.

ONCE HEALED:

- Avoid hot steam showers as they can cause dehydrated skin and inflammation/cellular breakdown.
- Once your skin is no longer red, you may resume your regular skincare routine.
- After the 7 days healing period, always use a sunblock to protect from sun damage.