

Microneedling- Pre and Post Treatment

Pre-Treatment Instructions

- Avoid Accutane in the 12 months prior to beginning your treatment sessions.
- Do not receive treatment if you are pregnant or breastfeeding.
- **MUST NOT** have new permanent makeup or injectables on or near the treatment area. Please ensure you have allowed adequate time (at least 2 weeks) for any permanent makeup or injectables to heal prior to Microneedling.
- Avoid any irritating skin care ingredients, such as any products containing Hydroquinone, bleaching creams, RetinA, retinol, benzoyl peroxide, glycolic/salicylic acids, or astringents for at 3 days prior to treatment. Please advise your technician if you are currently using any prescription creams or products.
- Avoid IPL/Laser treatments, unprotected sun exposure, or sunburn for at least 2 weeks prior to your treatment.
- No waxing, tweezing, depilatory creams, or electrolysis to the area being treated for 5-7 days prior.
- Do not shave the day of the treatment to avoid skin irritation. If there's dense hair present in the treatment area, you can shave the day before you arrive for your appointment.
- If you are prone to cold sores, take an antiviral agent for 2 days prior to and the day of the treatment.
- Avoid blood thinning agents for one week prior because bruising is a common side effect of microneedling.

Day Of Treatment

- Arrive to your appointment with skin that is cleaned, free of lotion, oil, makeup, powder, or sunscreen.
- Be sure to inform your skin care specialist about any relevant changes in your medical history and of all the medications you are taking.
- 10-15 minutes prior to your treatment, topical lidocaine will be applied to your skin. This time is included in your appointment time so you can still arrive at your booked appointment time.

Post-Treatment Instructions

- Drink **plenty** of water after each treatment.
- Do not take any anti-inflammatory medications for one week after the treatment if possible.
- **MUST NOT** have any further clinic treatments including, but not limited to, microdermabrasion, laser, IPL, chemical peels, or injectables such as Botox or dermal filler for at least two weeks after treatment. Avoid sun tanning and prolonged exposure to direct sunlight for at least 2 weeks. After 24 hours, always use sunblock (30 SPF or higher) and wear a hat if you are outside.
- Use a painkiller, such as Tylenol (acetaminophen), if you experience any soreness. Avoid ibuprofen.
- Use only mineral makeup after 24 hours.
- A sunburn-like effect is normal. Your skin may feel tight, dry, or sensitive to touch. Treat the skin gently by washing it with a gentle cleanser, cool water, and lightly pat dry.
- Some redness may also be present and in some cases, you may experience slight bruising that can last for 5-7 days and temporary swelling for 2-4 days.
- Avoid strenuous exercises that cause sweating as well as pools, saunas, and steam baths for up to 48 hours.
- Peeling may start 3-5 days after the treatment. You will notice skin dryness and flaking which is due to an increased turnover of skin cells. **DO NOT** pick, scratch, or scrub at treated skin!
- Use a gentle moisturizer daily.