



## PRE AND POST INSTRUCTIONS

### MICRONEEDLING

#### PRIOR TO TREATMENT

- ❖ No Retinol or Hydroquinone products for 48 hours prior to treatment.
- ❖ No Auto-Immune therapies for 48 hours prior to treatment.
- ❖ No Prolonged sun exposure 2 weeks prior to treatment and
- ❖ No spray tan to the treatment area 2 weeks prior to treatment.
- ❖ Skin should be clean and make-up free.
- ❖ If an active acne breakout occurs before treatment, we will evaluate on a case by case Basis and may need to reschedule
- ❖ Microneedling may trigger a cold sore response in some patients. If you are prone to such a response, please advise your practitioner and a prophylactic medication can be prescribed.

#### POST TREATMENT

- ❖ Pin-point bleeding, irritation, redness, and very slight discomfort may occur after the treatment. Pin-point bleeding should stop within minutes after the treatment.
- ❖ After the treatment, take precautions against sun exposure for two weeks. Use sun protection post procedure
- ❖ Do not perform any vigorous exercise for at least 12 hours after treatment.
- ❖ You may wash your face the morning after your treatment.
- ❖ Continue with application of recommended products until healed.
- ❖ Avoid Alcohol Based Toners, Retinol or Hydroquinone products, and Vitamin C until healed.
- ❖ For the first 1-3 days the skin will be very dry and tight.
- ❖ After 2-3 days patients can return to regular skin care products as soon as it is comfortable to do so. Please remember to drink plenty of water and to continue with SPF use.