

Microneedling Pre & Post Instructions

The Microneedling procedure creates microchannels in the skin that triggers new collagen synthesis resulting in the appearance of smoother, firmer and younger looking skin.

Pre-Treatment

- If you have a history of herpes simplex disease of the lips, mouth or face you will require anti-viral medications 3-5 days prior to your procedure.
- Avoid Accutane for at least **6 months** prior to your treatment, Avoid Chemical peels **4 weeks** prior to your treatment. Avoid waxing and exfoliation creams **2 week** prior to your treatment.
- Avoid sun exposure before your procedure. The procedure will not be administered on sunburned skin.
- Do not use irritating skin care products (Retin-A, Alpha Ret, etc.) for **at least 12 hours** prior to treatment.
- Avoid taking NSAIDs (Advil, Motrin, Aleve, Aspirin) for **1 week** prior to your treatment.

What to Expect

Individual results may vary, but you can expect the skin to be red and flushed in appearance similar to a moderate sunburn. You may also experience skin tightness and mild sensitivity to touch on the area being treated. The redness will continue to improve after your treatment. Within 24 hours of your treatment, the surface of the skin typically appears and feels more normal.

Post Treatment

- Following your treatment, you may experience mild swelling, redness and/or irritation that may last 1-3 days after your treatment. If you experience severe discomfort that is not improving- please notify the office.
- You may apply cold compresses to help with swelling.
- It is important to keep the skin moist. You may use the Evian water spray along with your post-procedure skin care to keep the skin moist.
- **You will be given specific instructions on how to care for your skin after the procedure. It is very important that you follow these instructions to prevent complications.**
 - For the first 24 hours: Apply Priming Oil and Enriched Firming Mask (moisturizer) as needed to keep the skin moist.
 - The day after your procedure: Use the Milky Lotion Cleanser to wash the face.
 - Continue applying Priming Oil and follow with a generous application of Renewal Calming Cream.
 - You may alternate between the Renewal Calming Cream and the Enriched Firming Mask after using the Priming Oil for continued hydration and soothing.
 - You may start back to your normal skin care regimen once the skin is no longer sensitive.
- Do not pick or scratch the treated area. This can cause serious complications. Avoid scrubbing, use of exfoliants, scrub brushes and loofah sponges until the treatment has returned to its pre-treatment condition.
- If you experience redness, swelling or itching you may use over the counter Zyrtec, Claritin or Benadryl.
- Makeup may be applied 24 hours after your procedure.
- Avoid the sun and use a sun block that has a SPF of at least 30 with UVA and UVB protection. Do not use sunless tanning lotions or tan for **4 weeks** after your procedure.

- Avoid swimming pools, hot tubs and warm baths until the redness has resolved.
- Avoid retinols for at least 5 days after your procedure.
- Avoid Laser hair removal, Chemical Peels and waxing for **4 weeks** after your procedure.
- Avoid shaving the treated area for at least **48 hours** after your procedure.

Post treatment skin care instructions **MUST** be followed to prevent any complications. Please contact the office if you experience any blistering or scabbing or have any questions concerning your treatment.