



Microneedling

Pre- and Post-Care Instructions

- Stop using retinol products 5-7 days before treatment.
- Avoid alcohol consumption 48 hours prior to your treatment.
- Avoid sun exposure at least 1 week prior to your treatment.
- Discontinue using scrubs, chemical exfoliants, and exfoliating tools 3 to 5 days prior.
- Avoid caffeine on the day of your treatment.
- To minimize bleeding, avoid ibuprofen, Advil, or aspirin for at least 12 hours before treatment.
- If you have a history of cold sores, notify your provider, as antiviral medication may be needed.
- If you are prone to keloiding, consult with your physician before treatment.
- This treatment is not safe during pregnancy.
- Notify your provider if you have an allergy to lidocaine

Post-care instructions

- You will feel a warm/sunburn-like sensation for about an hour post-treatment.
- After 24 hours, you may cleanse the treated area with a gentle, soothing cleanser.
- Refrain from applying makeup and SPF for 24 hours.
- Use clean makeup brushes. Mineral makeup is best for post-treatment healing.
- Do not use any additional skincare products during the first 24 hours following your treatment unless advised by your provider.
- Do not exercise or increase your heart rate 24 to 48 hours post-treatment.
- Avoid exposing the treated area to excessive heat – saunas, hot tubs, hot yoga, etc.
- Avoid all sun exposure for up to three days post-treatment. Wear a hat and SPF (SPF only after 24 hours).
- Refrain from deep exfoliation and/or retinol products for 7 to 10 days post-treatment.
- Your skin may feel dry, flake, feel tight, feel like sandpaper, or appear red as it heals.
- To maximize results, consider using exosomes and growth factors as recommended by your provider.
- Results can be seen 3-4 weeks after microneedling treatment is completed.

Please contact your local office with any questions you may have on your treatment.

