



Microneedling Pre & Post Care

Failure to follow these instructions may impact the results of your treatment.

Pre-Treatment Instructions:

- Please discontinue products containing any exfoliating agents (retinoic acid, tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) 7 days before treatment.
- If you have a history of herpes or cold sores, we highly recommend a course of anti-viral medication pre and post-treatment. This will prevent an outbreak of cold sores if you are prone to them. Cold sores can also break out on people who are not prone to them, but who have sensitive skin. If you would like us to call in a prescription for you, please call our offices.
- No waxing, depilatory creams, or electrolysis to the area being treated for 5-7 days prior.
- Avoid tanning beds or unprotected sun exposure, or sunburn for at least 2 weeks prior to treatment. Always use a zinc oxide sunscreen with SPF 30+. Avoid self-tanning products 5-7 days before treatment.

Please arrive 30 minutes prior to your appointment to apply numbing cream. The numbing cream will be placed on the red table closest to the office door.

Post-Treatment Instructions:

You may experience redness and mild swelling, like a bad sunburn. You may have small areas of pinpoint bleeding and even some bruising. Dryness, scaling, redness, and swelling may be seen after treatment, lasting for several days or longer, depending on the depth of penetration of the needles. Redness usually lasts 12-48 hours after treatment.

Within a week or two, the skin is smoother and more radiant looking. As the body produces collagen the full effects of the procedure will be seen a few months later.

- Your recovery time will be influenced by how aggressive your treatment was, along with your individual skin's response. Your Skin Care Specialist will have discussed with you the individual time frame, but you should expect between 1-4 days.
- Sun Exposure: Avoid direct sun for 3-5 days.
- Sun Block is mandatory if outside and should be reapplied every 2 hours. Physical Sunblock is recommended.
- Waxing/Laser treatments: Avoid for 2 weeks.
- Facial Treatments: Avoid for 2 weeks.
- Exercise or swimming: Avoid for 24 hours (You do not want to sweat).
- No Exfoliating Products, Vitamin C, Retin-A, Astringents, Acids, or products containing alcohol/fragrance for 3 days unless instructed by your skin care specialist.
- Use hydrating and reparative products. Products rich in soothing and healing ingredients are best to encourage new, healthy cell growth. Peptides, antioxidants, stem cells, vitamins, and growth factors work very well while you are healing.
- NO Make-up for 12 hours. It is recommended to use mineral makeup after that time.
- Increase water intake to include at least 8 glasses.
- Wash treated area with gentle cleanser 3 days post treatment. Do NOT use washcloths as they can irritate your skin.
- **DO NOT PICK AT SKIN!**

If you have any questions regarding your treatment, please call our office at (530)559-8558. Thank you!