

# Pre and Post Care for Microneedling

## Before Micro-Needling Treatment

- NO Retin-A products, Alpha Hydroxy Acids, Beta Hydroxy Acids, Vitamin C scrubs or anything perceived as "active" or "treatment" skincare.
- NO auto-immune therapies or products 12 hours prior to your treatment.
- NO prolonged sun exposure to the face 24 hours prior to your treatment. No tanning beds.
- Avoid excess alcohol, aspirin, fish oils, vitamin E, NSAIDs for 5-7 days prior to your treatment.
- If an active or extreme breakout occurs before treatment, please contact our office.
- For cold sore sufferers, begin taking anti-viral medication the day before your treatment.

## After Micro-Needling Treatment

Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after 1 to 2 hours and will normally diminish within the same day 24-48 hours but only in minimal areas or spots. Immediate peeling and flaky skin can occur for a few days. DO NOT pick at the loose skin.

The initial 72 hours post-procedure are the most critical.

- Avoid direct sun exposure.
- Use gentle cleaner and tepid water to cleanse your face for the following 72 hours and gently dry the treated skin.
- Always make sure that your hands are clean when touching the treated area.
- Discontinue use of any "active" or "treatment" products 5 days after treatment. You may resume your home care regimen when skin is no longer flaking and peeling.
- 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 A, C & E and growth factors work very well.
- Use physical sunscreen. Re-apply every 30-90 minutes. DO NOT go outside without sunscreen, even on a cloudy day.
- Do not apply regular make-up for a minimum of 24 hours after your treatment. DO NOT apply any makeup with a makeup brush, especially if it is not clean.
- Itching, redness, and swelling are normal parts of the healing process. Symptoms rarely persist longer than 2-72 hrs.
- DO NOT scratch or peel the skin as this may cause permanent scarring.
- Limit exercise the first week.
- Drink plenty of water.
- Special camouflage foundation can be worn which promotes the healing of damaged skin post treatment.

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