

MICONEEDLING PRE AND POST-TREATMENT INSTRUCTIONS

- Always use a broad-spectrum (UVA/UVB) sunscreen of at least 30 SPF and avoid direct sun exposure in all treatment areas throughout the treatment series. This can help with treatment efficacy and prevent post-treatment complications.
- Do not take Accutane (Isotretinoin) for at least six months before treatment.
- Discontinue sun tanning, use of tanning beds, and any application of sunless/self-tanning products four weeks before treatment.
- No CoolPeel, light or medium chemical peels, glycolic treatments, or microdermabrasion two weeks before treatment.
- No deep chemical peels or laser resurfacing within one month before treatment.
- Injectables (botox/filler) within two weeks are not recommended, as the longevity of injectables may be affected.

DO NOT USE THE FOLLOWING PRODUCTS 7 DAYS BEFORE TREATMENT

- Retinols/Retinoids. Examples: Retin-A, Retinoic acid, Renova [Tretinoin], Differin [Adapalene], Tazorac.
- Exfoliating creams/serums containing containing alpha-hydroxy acid (AHA) or beta-hydroxy acid (BHA)
- Hydroquinone
- Aspirin
- Avoid waxing, threading, or depilatory creams on the treatment area.

24-48 HOURS BEFORE YOUR TREATMENT

- If you have a history of HSV 1/2 or cold sores in the treated area. You will need your primary care doctor to prescribe a suppressive therapy such as Valacyclovir (Valtrex), Acyclovir, or Famciclovir to help prevent an outbreak from occurring. You must start this medication at least 48 hours before each treatment and continue for 5 days after.
- Avoid drinking alcohol

DAY OF YOUR TREATMENT

- We ask that you do not come to any of your treatments with a tan/sunburn or sunless/self-tanning products in the treatment area, or your treatment may need to be postponed.
- Arrive with clean, makeup-free skin.



- Please let us know if you are using any new oral medications, topical medications, or skincare products.
- Ensure that you have eaten and are well hydrated, especially if PRP is included in your treatment.

POST CARE INSTRUCTIONS

- Always use a broad-spectrum (UVA/UVB) sunscreen of at least 30 SPF and avoid direct sun exposure on all exposed treatment areas throughout your treatment series.
- You may shower the same day with mild soap and water. Wash the treated area gently with your fingertips. Avoid hot water for the first 24 hours following treatment and always pat dry.
- Avoid swimming, hot tubs, saunas, hot yoga, and strenuous exercise for 48 hours following treatment.
- It is best not to wear makeup for 48 hours after each treatment. If necessary, try to use non-comedogenic (do not clog pores) products and apply and remove gently with clean hands.
- Avoid exfoliating the area for at least one week.
- Avoid bleaching, plucking, electric epilators, sugaring, depilatories (Nair), or waxing hair throughout your treatment series.
- Avoid picking, rubbing, or scratching the treated skin.

COMMON SIDE EFFECTS

- Expect slight redness, mild tightness, or sensitivity for 24–48 hours.
- Expect temporary dryness or mild flaking—do not pick or exfoliate manually.

SIGNS TO WATCH FOR

- Persistent redness or burning lasting >72 hours
- Signs of infection (pus, increased swelling, warmth)
- Herpetic outbreak (cold sore)
- Severe itching, hives, or allergic reaction

