

Microneedling Pre/Post Instructions

Pre-Treatment Instructions

- Avoid direct sun exposure for 2-4 weeks prior to your treatment.
- Apply a daily sunscreen with SPF 30 or greater and reapply as needed.
- Passive sun exposure is acceptable, but tanning either outside or in a tanning bed, is not. You cannot be treated if you have a sunburn, recently tanned, or sunless tanner on your skin.
- Avoid the following active ingredients in treatment areas 7 days prior to treatment: topical retinoids (e.g. Retin-A, tretinoin, adapalene), vitamin C, glycolic acid, salicylic acid. If you are concerned about any of the products you are using, please ask your provider.
- If you have had other skin rejuvenation procedures in the past month, please discuss with your provider to ensure adequate spacing of treatments.
- Avoid filler for 1 month prior to treatment, as the effects of microneedling on filler are unknown.
- Botox can be performed 2 weeks before or 2 weeks after microneedling.
- Avoid unnecessary blood-thinning medications (e.g. NSAIDs like ibuprofen), but please take all medications that are prescribed by your primary physician as you normally would.
- Come with clean, product-free skin and loose-fitting clothes over all treatment areas.
- If you have a history of herpes simplex virus (HSV) in any treatment areas, notify your provider, as pre-treatment with an anti-viral medication will be required. Your provider will give specific instructions.
- Notify your provider of all medications you are taking as some medications can be photosensitizing.
- We recommend you wait at least 6 months after isotretinoin (Accutane) treatment before having a microneedling procedure.

Post-Treatment Instructions

FOR THE NEXT 24 HOURS

- A physical sunscreen will be applied in sun-exposed treatment areas immediately following the procedure.
- A sunburn-like sensation, redness, swelling, and pin-point bleeding in the treated areas are common and will resolve in the days that follow. Cool compresses may be used until these symptoms resolve.
- Avoid heavy or petroleum-based products in treated areas.

FOR THE NEXT 72 HOURS

- **Do not apply makeup.**
- **Keep the skin cool and avoid higher body temperature that might result from hot tubs, saunas, or intense exercise. Let your provider know if you experience irritation as you resume normal activities.**

FOR THE NEXT 7 DAYS

- **Do not rub, exfoliate, or pick the treated areas.**
- **Avoid the following active ingredients in treated areas: topical retinoids (e.g. Retin-A, tretinoin, adapalene), vitamin C, glycolic acid, salicylic acid.**

FOR THE NEXT 14 DAYS

- **When going outdoors, apply sunscreen with SPF 30 or greater on all treated areas and reapply as needed. Please continue safe sun practices throughout the duration of your treatments.**
- **Avoid any treatment that causes exfoliation of the skin including facials, extractions, waxing, and threading.**