

# SKIN & LASER

Lytham St Annes

## Microneedling: Pre-Care, Preparation & Aftercare

### Pre-Treatment Care (2–4 Weeks Before)

Proper preparation helps optimize results and reduce the risk of irritation.

- Avoid sun exposure, tanning beds, and self-tanner for at least 2 weeks prior to treatment.
- Use broad-spectrum SPF 30–50 daily and avoid sunburn or irritated skin.
- Discontinue retinoids and exfoliating agents (Retin-A, tretinoin, glycolic acid, salicylic acid, benzoyl peroxide, vitamin A products) 5–7 days before treatment.
- Avoid chemical peels, laser treatments, waxing, threading, depilatory creams, or aggressive facials in the treatment area for 2 weeks.
- Inform your provider if you:
  - Are pregnant or breastfeeding
  - Have used isotretinoin (Accutane) within the past 6–12 months
  - Have active acne, infection, eczema, psoriasis, or open lesions
  - Have a history of cold sores (antiviral medication may be recommended)
  - Are prone to keloid scarring or hyperpigmentation

### Day-Of Preparation

On the day of your appointment:

- Arrive with clean, makeup-free skin—no lotion, sunscreen, perfume, or oils.
- Men should shave the treatment area at least 24 hours prior.
- Avoid exercise, alcohol, and excessive heat before treatment.
- Wear comfortable clothing and avoid friction on the treated area.

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### Post-Treatment Aftercare

Redness, sensitivity, and mild swelling are normal and may last 24–72 hours.

- Keep skin clean and hydrated using a gentle cleanser and moisturizer.
- Apply only approved post-treatment serums or hyaluronic acid for the first 24 hours.
- Do not touch, pick, or exfoliate the treated area.
- Avoid makeup for at least 24 hours.
- Avoid sun exposure and apply SPF 30–50 daily once skin tolerates it (usually after 24 hours).
- Avoid heat, sweating, saunas, steam rooms, swimming pools, and intense exercise for 48 hours.
- Avoid retinoids, acids, vitamin C, scrubs, and active ingredients for 5–7 days.
- Mild flaking or dryness may occur and typically resolves within a few days.

### Treatment Plan & Results

A series of 3–6 treatments, spaced 4–6 weeks apart, is recommended for best results.

Microneedling improves skin texture, fine lines, acne scars, pore size, and overall tone.

Collagen production continues for weeks to months following treatment.