



■ Microneedling Pre & Post Care Instructions

■ Before Your Microneedling Session (Pre-Care)

- Avoid direct sun exposure, tanning beds, and self-tanners.
- Discontinue use of retinoids, exfoliants, and harsh skincare products.
- Do not schedule if you have an active cold sore, breakout, or open wound.
- Stay hydrated—drink plenty of water.
- Arrive with clean skin (no makeup, lotion, or sunscreen on treatment area).

■ After Your Microneedling Session (Post-Care)

- Redness and sensitivity are normal for 24–48 hours.
- Avoid touching your face with unwashed hands.
- Do not apply makeup for at least 24 hours.
- Skip workouts, saunas, and swimming for 24–48 hours.
- Avoid sun exposure for 1 week and always use SPF once skin allows.
- Use only gentle, hydrating products recommended by your provider (no retinoids, acids, or exfoliants for 5–7 days).
- Do not pick, scratch, or peel the treated skin.
- Stay hydrated and keep your skin moisturized.

Healing time varies, but most clients notice improvement as early as 1 week, with results continuing to build over several weeks.