



AMAZING SKIN AESTHETICS

6819 Warner Avenue
Huntington Beach, CA 92647
(714) 848-2232

PRE-MICRONEEDLING APPOINTMENT INSTRUCTIONS

To ensure your skin is in the optimal state for Microneedling (Collagen Induction Therapy) and to maximize your results, please adhere to the following preparation guidelines.

7 Days Prior to Your Appointment

- **Avoid Blood Thinners:** To minimize bruising, avoid over-the-counter blood-thinning medications such as Aspirin, Motrin, Ibuprofen, and Aleve (unless medically prescribed by your physician).
- **Pause Supplements:** Stop taking Vitamin E, Ginkgo Biloba, and high-dose Fish Oil/Omega-3 supplements.
- **Stop "Actives":** Discontinue the use of **Retinoids** (Retin-A, Tretinoin, Retinol), Alpha Hydroxy Acids (AHA), Beta Hydroxy Acids (BHA), and any chemical exfoliants or "anti-aging" products.

5 Days Prior to Your Appointment

- **Sun Exposure:** Avoid direct, prolonged sun exposure and tanning beds. We cannot treat skin that is sunburned or significantly irritated.
- **Hair Removal:** Avoid waxing, depilatory creams, or electrolysis on the treatment area.
- **Shaving:** If the treatment area has dense hair, please shave the area 24 hours before your appointment. Do not shave the day of to avoid skin irritation.

2 Weeks Prior to Your Appointment

- **Cosmetic Injectables:** Ensure your appointment is scheduled at least 14 days after receiving Botox or Dermal Fillers to allow those treatments to fully settle.
- **Other Procedures:** Avoid chemical peels, laser treatments, or IPL on the target area for at least 2 weeks.

On the Day of Your Treatment

- **Clean Skin:** Arrive with a clean face, free of makeup, lotions, perfumes, and sunscreen.
 - **Health Check:** If you have an active **cold sore**, acne breakout, or skin infection in the treatment area, please call us to reschedule. We cannot perform microneedling on compromised skin.
 - **Numbing:** If you wish to use a topical numbing agent, please arrive **15–20 minutes early** as instructed during your booking.
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Important Clinical Notes

- **History of Cold Sores:** If you are prone to cold sores (Herpes Simplex), please notify our office at least 3 days in advance. We may recommend a prophylactic anti-viral medication to prevent a breakout triggered by the needles.
 - **Hydration:** Drink plenty of water in the 24 hours leading up to your session to ensure your skin is well-hydrated.
 - **Good Faith Exam:** In accordance with California Law, all new patients will receive a brief medical screening to ensure you are a safe candidate for this procedure.
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Questions or Concerns? If you develop a fever, an unexpected rash, or have questions regarding your current medication list, please contact our office immediately.

 714-848-2232