

SKIN *by* RANDEE

Microneedling Pre & Post Treatment Instructions

To reduce your risk of complications, accelerate healing, and to enhance your results, it is important to follow the instructions listed below.

5 to 7 Days Before Your Treatment

- Stop retinols, topical antibiotics, exfoliants, acids, and any strong actives. Hyaluronic acid is fine to continue.
- Avoid sun exposure and tanning (natural or artificial).
- Do not wax, use depilatory creams, do laser hair removal, or electrolysis on the treatment area.

Day of Treatment

Immediately After and First 24 Hours

- Sleep on a clean pillowcase the night of your treatment.
- Apply the provided SkinCeuticals Hydrating B5 Gel as needed.
- No SPF or makeup for the first 24 hours.
- Avoid sun exposure and sweating (no workouts, hot showers, saunas, or anything that raises your body temperature).
- Avoid anti-inflammatory medications like ibuprofen (Advil, Motrin).

Your only job on treatment day:

Apply SkinCeuticals B5 Gel as needed. Nothing else.

Day 2

AM

- Cleanse with the post-care cleanser using cool or lukewarm water.
- Gently pat dry.
- Apply 3 drops of SkinCeuticals Hydrating B5 gel then a small amount post-care cream.
- If it has been 24 hrs since your treatment you may apply SPF 30+

PM

- Cleanse with the post-care cleanser using cool or lukewarm water.
- Gently pat dry.
- Apply 3 drops of SkinCeuticals Hydrating B5 gel then a small amount post-care cream.

Days 2 to 7

- Continue cleansing with the post-care cleanser until it is gone.
- Continue using the SkinCeuticals B5 Gel and post-care cream AM and PM until it is gone.
- Apply SPF 30+ like SkinCeuticals Physical Fusion or PCA Sheer
- Redness, sensitivity, tightness, and mild swelling are normal.
- **Avoid sweating, hot yoga, saunas, or heavy workouts for 48 hours after treatment.**

After 5 to 7 Days

- You can resume your normal skincare routine once your skin is no longer flaking, peeling, or feeling sensitive.
- If your skin feels ready, you can slowly reintroduce gentle exfoliation, enzymes, acids, and retinols.
- Mild flaking or temporary darkening can continue for up to two weeks. This is normal.

Please contact me with any questions/concerns:

Randee Dickinson, LE: skinbyrandee@gmail.com

832-617-3397 (Text)