

# 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**

##### **AM / PM**

- If needed, rinse with cool or lukewarm water only (no cleanser yet).
- Apply the provided post-care cream 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).
- Gently pat dry if you rinse. Do not rub.

##### **Your only job on treatment day:**

Cool/lukewarm water rinse + post-care cream. Nothing else.

## **Day 2**

### **AM**

- Cleanse with the post-care cleanser using cool or lukewarm water.
- Gently pat dry.
- Apply the post-care cream.

### **PM**

- Repeat: cleanse with post-care cleanser, pat dry, apply post-care cream.

### **Also Starting Day 2**

- You may now apply SPF 30+ during the day.  
Recommended: SkinCeuticals Physical Fusion or PCA Sheer SPF.

## **Days 2 to 7**

- Continue cleansing with the post-care cleanser until it is gone.
- Continue using the post care cream AM and PM until it is gone.
- 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 us with any questions/concerns:**

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