

# 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:**

- Discontinue use of retinols, topical antibiotics, exfoliants, acids, and other harsh actives. (Hyaluronic acid is not an exfoliating acid and may be continued.)
- Avoid sun exposure and tanning (natural or artificial).
- Do not wax, use depilatory creams, undergo laser hair removal, or electrolysis on the treatment area.

### **The First 24 Hours After Treatment:**

- Apply the provided post-care cream frequently throughout the day.
- Avoid anti-inflammatory medications like ibuprofen (Advil, Motrin) as they can interfere with your skin's natural healing response.
- Stay out of the sun and avoid excessive heat (no hot showers, saunas, or workouts).
- Do not apply makeup.
- Cleanse with cool or lukewarm water only. Gently pat dry without rubbing.
- Avoid sweating, intense exercise, and anything that may raise your body temperature for at least 48 hours.

### **AM:**

- Rinse with cool or lukewarm water only (no cleanser yet).
- Apply post-care cream as needed.
- Skip SPF and makeup for the first 24 hours.

### **PM:**

- Gently cleanse with cleanser that has been provided. Rinse with cool water and pat dry.
- Reapply post-care cream.

**After 24 Hours:**

- Resume gentle cleansing with a product like SkinCeuticals Gentle Cleanser (AM and PM).
- Continue using your post-care cream (AM and PM).
- Apply SPF 30+ daily, such as SkinCeuticals Physical Fusion (AM).
- Redness, sensitivity, tightness, and mild swelling are normal and typically subside within 2 to 7 days.

**After 7 Days:**

- You may slowly resume light exfoliation, including gentle acids, enzymes, or retinols, if your skin feels ready.
- Mild flaking, rough patches, or temporary darkening may continue as part of the healing process and typically resolve within two weeks.

**Please contact us with any questions/concerns:**

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