

NATURALLY BEAUTIFUL AESTHETICS



Microneedling Pre & Post Care

Microneedling Pre-Care Instructions

Proper preparation helps reduce irritation and ensures optimal results.

2 Weeks Before Treatment

- Avoid **laser treatments, chemical peels**, or other aggressive skin procedures in the treatment area
- Discontinue use of **Accutane** (must be off for at least 6 months unless provider approves)
- Avoid excessive sun exposure or tanning
- No injectable treatments in the area (unless cleared by your provider)
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5–7 Days Before Treatment

- Stop using **retinoids / tretinoin / Retin-A**
- Avoid:
 - Exfoliating scrubs
 - Glycolic acid
 - Salicylic acid
 - Benzoyl peroxide
 - Vitamin C (if you are sensitive)
- Avoid waxing, threading, or depilatory creams in the treatment area
- Limit sun exposure

3 Days Before Treatment

- Avoid blood-thinning medications and supplements (unless prescribed by your provider):
 - Aspirin
 - Ibuprofen
 - Naproxen
 - Fish oil / Omega-3
 - Vitamin E
 - Ginkgo biloba
 - Garlic supplements

- Avoid alcohol to reduce the risk of bruising and sensitivity

24–48 Hours Before Treatment

- No shaving the treatment area
- Avoid strenuous exercise
- Stay well hydrated
- Keep the skin clean and free of irritation

The Day of Your Appointment

- Arrive with **clean skin (no makeup, lotion, or sunscreen)**
- Eat a normal meal and drink water
- You may take **Tylenol** if needed (avoid NSAIDs)
- Inform your provider if you have:
 - Active acne breakouts
 - Cold sores (history of HSV may require antiviral pre-treatment)
 - Open wounds, rashes, or skin infections
 - Pregnancy or breastfeeding
 - Recent facial procedures

When to Reschedule?

Please contact us prior to your appointment if you have:

- Sunburn
- Active breakout in the treatment area
- Skin infection
- Fever, illness, or cold/flu symptoms

Pro Tip for Best Results:

Stop self-tanning products 7 days before treatment and avoid sun exposure to reduce the risk of post-inflammatory hyperpigmentation.

Microneedling Post Care Instructions

What to Expect the Day of the Procedure

- Redness and mild swelling (similar to a sunburn) are normal and usually subside within 24–48 hours.
- Your skin may feel warm, tight, dry, or sensitive for a few days.
- Tiny pinpoint scabs, flaking, or peeling may appear 24–72 hours after treatment and can last 3–7 days. Do **not** pick, scratch, or exfoliate — allow the skin to shed naturally.

- Visible improvement in skin texture and tone develops gradually over the next several weeks as collagen production increases.
- A series of treatments (typically 3–4 sessions spaced 4–6 weeks apart) is recommended for optimal results.
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For the First 24 Hours

- **DO NOT WASH YOUR FACE** during the first 24 hours after treatment.
- Avoid strenuous exercise.
- Avoid excessive heat (saunas, hot tubs, steam rooms, hot yoga, very hot showers).
- Avoid direct sun exposure.
- Avoid applying makeup.
- Use only gentle, hydrating products recommended by your provider **after 24 hours**.
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For the First 24–48 Hours

- Avoid activities that cause heavy sweating.
- Keep the skin clean and avoid touching unnecessarily.
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For 48–72 Hours

- Avoid strenuous exercise or activities that cause sweating.
- Avoid hot showers, saunas, or steam rooms.
- Continue gentle moisturizing; do **not** pick, scratch, or exfoliate the treated area.
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For the First 7 Days

- Do not shave the treated area.
- Continue gentle moisturizing; do **not** pick, scratch, or exfoliate the treated area.
- Continue to protect your skin from direct sun exposure.
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For the First 2 Weeks

- Avoid facials, microdermabrasion, chemical peels, and laser treatments.
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Makeup & Skincare

- Makeup may be applied after 24 hours if the skin is intact and not irritated.
- Use gentle cleansers, hydrating serums, and emollient moisturizers.
- Avoid **all active ingredients for 7 days**, including:
- Retinoids / tretinoin
- AHAs / BHAs

- Vitamin C
- Benzoyl peroxide
- Physical or chemical exfoliants
- Apply a **mineral sunscreen SPF 30 or higher daily. (EXCEPT DAY OF TREATMENT)**

Possible Side Effects

- Redness and mild swelling
- Dryness, tightness, or sensitivity
- Light flaking or peeling
- Mild bruising (in some areas)

Less common:

- Temporary breakouts as the skin renews
- Sensitivity to active skincare products

When to Contact Us

- Increasing redness, warmth, swelling, or discomfort after 48–72 hours
- Signs of infection (pus, severe tenderness, or spreading redness)
- Prolonged swelling or irritation beyond a few days
- Any symptoms that feel unusual or severe