

## Korean Spicules (Liquid Microneedling)

### Pre & Post Care Guidelines

#### Medical Contraindications

Please speak with your esthetician if you have any of the following:

- Accutane / Isotretinoin use
- Eczema or dermatitis
- Moderate to severe acne

#### Skin Prep

7 days before treatment:

- No Botox or fillers
- Stop using prescription retinoids (Tretinoin / Retin-A)

24 hours before treatment:

- Stop using Actives (see list below)

#### Post Procedure Care

For the first 24 hours:

- No sun exposure
- No sweating
- No makeup!

For the first 72 hours:

- Use only a gentle face wash, light moisturizer, and SPF

After 72 hours:

- You may slowly reintroduce Actives
- Wait 7 days before restarting prescription retinoids (Tretinoin / Retin-A)
- Waxing: Safe 2 weeks after treatment
- Botox/Fillers: Safe immediately after treatment (but some providers recommend waiting 1–2 weeks — confirm with your injector)
- Laser treatments: Ask your technician; we recommend waiting at least 4 weeks

#### Things to Note

- Appointment time: 30 minutes
- You may feel the spicules in your skin for up to 72 hours
- Light flaking may begin around day 3 — this is normal
- Spicules treatments may be done every 3 weeks

#### Actives

- Benzoyl Peroxide
- Over-the-counter Retinol/Retinal (Retinoids)
- AHA/BHA (Alpha Hydroxy and Beta Hydroxy Acids)
  - Glycolic Acid
  - Lactic Acid
  - Salicylic Acid
  - Mandalic Acid