

Microneedling Pre-Care Instructions

[Tori's Treatments](#)

To ensure the safest treatment and best possible results, please follow these instructions before your microneedling appointment.

7 Days Before Treatment

Avoid the following unless otherwise directed by your provider:

- Retinoids/Retin-A/Tretinoin
- Retinol products
- Exfoliating acids (AHA/BHA/glycolic/salicylic acids)
- Harsh scrubs or exfoliants
- Waxing, threading, or depilatory creams in the treatment area
- Excessive sun exposure or tanning

If medically appropriate and approved by your prescribing provider, minimize blood-thinning medications/supplements that may increase bruising, including:

- Aspirin
 - Ibuprofen
 - Fish oil
 - Vitamin E
 - Alcohol in excess
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3–5 Days Before Treatment

- Avoid chemical peels, laser treatments, IPL, or other aggressive skin treatments.
 - Stay well hydrated.
 - Increase moisturizer use if skin feels dry or irritated.
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24 Hours Before Treatment

- Avoid strenuous exercise and excessive sweating.
- Avoid alcohol consumption.

- Do not shave the treatment area if irritation occurs easily.
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Day of Appointment

Please arrive with:

- Clean skin free of makeup, lotion, sunscreen, or self-tanner if possible
- No active cold sores, open wounds, rashes, or infections in the treatment area

Notify your provider if you:

- Are pregnant or breastfeeding
 - Have a history of keloid scarring
 - Are prone to cold sores/herpes outbreaks
 - Are taking Accutane/isotretinoin or have used it within the past 6–12 months
 - Have recently had facial surgery or cosmetic procedures
 - Have active acne breakouts, eczema, psoriasis, or skin infections
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What to Expect

After treatment, your skin may appear:

- Red (similar to a sunburn)
- Tight or warm
- Mildly swollen
- Sensitive or dry

These effects are normal and typically improve within a few days.

Helpful Tips

- Schedule your treatment at least 1–2 weeks before important events.
 - Consistency is key for best results.
 - Multiple sessions are often recommended for acne scars, texture, fine lines, and pigmentation concerns.
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Thank you for trusting [Tori's Treatments](#) with your skincare journey!

