*Microneedling*

*Pre & Post Treatment*

*Pre-Treatment*

You will be asked to discontinue use of Retin A, Retinols, Vitamin A creams and other topic medications for **3-5**days before your micro needling treatment. It is required that you wear a sunscreen daily and use the appropriate home care topical products. Examples are Rx strength Retin-A, SC Retinols or Glycolics.

*Post-Treatment*

* No sunscreen OR makeup for 12 hours following treatment.
* Wash the face a few hours after treatment or before bed time. Use gentle cleanser such as SkinCeuticals Gentle or Simply Clean. Gently massage the face with tepid water (a shower can provide an easier ability to massage the face while washing at the same time) and remove all serum and dried blood.
	+ This will improve the appearance of the skin and allow for better subsequent absorption of serums and moisturizes.
* 12-72 hours post-treatment mineral makeup can be applied but continue to use a gentle cleanser, hyaluronic acid serum, and physical sunblock with an SPF of 25 or higher. If a more aggressive treatment was performed, they should also be instructed to use a more occlusive balm such as Aquaphor.
* After 48 to 72 hours following treatment client can return to regular skin care regimen. Retinol and glycolic products are strongly suggested to use for optimal results.
* Avoid alcohol-based toners for 10-14 days as well as excessive sun exposure for 10 days. \*

\* For treatment of acne scars and skin rejuvenation usually 5-8 treatments are recommended as well as combining with SkinCeuticals (3 treatments) for acne scars 4-5 weeks apart).

\* For management of stretch marks and surgical or keloid scars usually up to 8-10 treatments are required, spaced apart every 5-6 weeks. More time in between treatments is suggested due to the aggressive trauma to the skin, allowing proper recovery time to avoid over-stimulation. If scars/stretch marks are 6 months old or younger, less time in between treatments is okay.

***What to Avoid:***

To ensure the proper healing environment, be certain to observe the following:

* For at least 2 hours post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as ‘active’ skincare.
* Avoid intentional and direct sunlight for 24 hours. No tanning beds.
* Do not go swimming for at least 24 hours post-treatment.
* No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.