



Microneedling

What to expect and how to prepare for best results

Date:

Name:

Your journey to stronger, clearer skin starts here



I am so excited to have you join me for your microneedling treatment.

Whether this is your first time or part of your skin journey, this guide will help you feel confident, prepared, and ready to achieve the best possible results.

Why Microneedling?



Benefits:

- Improves acne scarring
- Smooths skin texture
- Brightens and evens skin tone
- Boosts collagen and elasticity
- Strengthens overall skin health

Healthy skin = better healing + better results

Microneedling works by creating tiny micro-channels in the skin to stimulate your body's natural healing response and collagen production.

How to prepare?

For easy peasy breezy treatment



Preparing Your Skin (1 Week Before)

To ensure safe treatment and optimal results:

- Stop **retinol / Vitamin A** 7 days before
- Avoid exfoliating acids (glycolic, lactic, salicylic) 3–5 days before
- No sunburn or irritation
- Keep skincare simple + hydrating
- Drink plenty of water
- Microneedling does not hurt
- Have a good idea of what your skincare goals are and email me with it



Numbing cream instructions

Numbing Cream Pick-Up

*Numbing cream will be available for pick-up before your appointment and you will receive an email with when it will be available. **I will leave it at the door with your name on your package.***

*If you are unable to pick it up, please arrive **30 minutes early** to apply it yourself.*

How to apply?

- Start with clean, dry skin
- Apply a **thick layer** (do not rub in)
- Apply **30–45 minutes before your appointment**

Do not apply more than 1 hour before your appointment

What to Expect

During Your Treatment

- Skin will be cleansed and prepped
- Numbing cream removed
- Microneedling performed

You may feel light pressure or a mild scratching sensation.

Treatment time: 45–60 minutes

Immediately After

- Pink to red skin (like a mild sunburn)
- Warmth or tightness
- Slight sensitivity

This is normal and expected.

You will be sent home with aftercare

Questions?

Reach out to info@royalbayskincare.ca

What Happens After

24–48 Hours

- Redness
- Sensitivity
- Tight or dry feeling

Days 2–5

- Light flaking or dryness
- Skin renewal begins

Within 1 Week

- Brighter, smoother, more even skin

Aftercare

First 24 Hours

- No makeup
- No sweating or workouts
- Avoid heat (hot showers, sauna)
- Do not touch or pick skin

3–5 Days After

- Use gentle, hydrating products only
- No exfoliants, acids, or retinol
- Avoid direct sun

SPF is Essential

Once your skin is ready (after 24 hrs), wear SPF daily.



Contraindications (IMPORTANT)

Please notify us **before your appointment** if any of the following apply:

- Active acne lesions (inflamed or cystic in treatment area)
- Open wounds, cuts, or infections
- Sunburn or compromised skin barrier
- Use of **Accutane (past 6–12 months)**
- Pregnancy or breastfeeding
- Skin conditions (eczema, psoriasis, rosacea flare)
- Blood clotting disorders
- Use of blood thinners
- History of keloid scarring
- If you are prone to cold sore, it is recommended to use histamine before your appointment.

If unsure, please reach out prior to your appointment. Email me with your concerns, questions and worries.

Final Note

Microneedling is a collaborative process.

Preparation + Treatment + Aftercare = Results

Your commitment to caring for your skin is what makes the biggest difference.

I can't wait to treat you

Royal Bay Skincare

Thank you!

Email us

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