

Pre/post treatment for Microneedling (Face, Hands, Chest Neck)

Pre-Treatment

- Consultation with a Professional: Schedule a consultation with a qualified skincare professional or dermatologist to discuss your skin concerns, medical history, and suitability for microneedling treatment. This consultation allows the provider to assess your skin condition and determine the appropriate treatment plan for your needs.
- Keep your skin well-hydrated by using a gentle moisturizer regularly in the days leading up to microneedling. Hydrated skin is more resilient and better able to tolerate the microneedling process.
- On the day of your microneedling appointment, cleanse your skin thoroughly to remove any makeup, sunscreen, or skincare products. This ensures a clean surface for the microneedling treatment.

Post- Treatment

- Avoid excessive sun exposure and use broad-spectrum sunscreen with SPF 30 or higher on the treatment area for at least two weeks before microneedling. Sunburned or tanned skin is more sensitive and prone to complications during microneedling.
- Refrain from waxing, tweezing, or using depilatory creams on the treatment area for at least one week prior to microneedling. These hair removal methods can irritate the skin and increase the risk of discomfort during the procedure.
- If possible, avoid taking blood-thinning medications such as aspirin, ibuprofen, or herbal supplements like fish oil or vitamin E for a few days before microneedling. These medications can increase the risk of bruising and bleeding during the procedure.

By following these pre-treatment guidelines, you can help prepare your skin for microneedling and enhance the safety and effectiveness of the procedure. Always consult with a qualified skincare professional or dermatologist for personalized advice tailored to your individual needs and skin condition.