



# Traditional Microneedling Treatment Instructions

*(Collagen Induction Therapy)*

## Before Treatment

### 1. One Week Prior:

- Avoid **blood-thinning medications and supplements**, such as aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), fish oil, vitamin E, ginkgo biloba, and St. John's Wort (unless prescribed by your physician). These increase the risk of bruising or bleeding.
- Discontinue use of **retinoids (Retin-A, tretinoin), alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), and exfoliating scrubs** for 5–7 days before treatment.
- Avoid **waxing, depilatory creams, chemical peels, or laser treatments** in the treatment area for at least one week prior.
- Limit **alcohol** intake and **avoid tanning beds or direct sun exposure**.
- If you are prone to **cold sores**, notify your provider. You may need to start an **antiviral medication** (like Valtrex) 1–2 days before your session.
- If you have an **active acne breakout, rash, cold sore, or skin infection**, treatment should be postponed until the skin is healed.

### 2. 24–48 Hours Before:

- Keep skin **clean and well-hydrated**.
- Avoid **intense exercise, heat exposure, or alcohol**.
- Do not apply **makeup, self-tanner, or harsh skincare products** to the treatment area.
- Shave the treatment area (if applicable) the night before or the morning of your appointment—avoid doing so immediately before your session.

### 3. Day of Treatment:

- Arrive with **clean, makeup-free skin** (no lotions, serums, sunscreen, or foundation).
- Inform your provider of any **new medications, medical changes, or recent procedures**.
- Eat a light meal and stay hydrated to avoid lightheadedness during treatment.

## After Treatment

### 1. Immediately After:

- Expect **redness, tightness, and mild swelling** similar to a sunburn for 24–48 hours.
- Skin may feel **warm, sensitive, or slightly rough** to the touch.
- Small pinpoint bleeding or minor scabbing may occur — this is normal.
- Do **not touch, pick, or scratch** the treated area.

## 2. First 24 Hours:

- Avoid washing your face for the first **4–6 hours**. Afterward, cleanse gently with a mild, fragrance-free cleanser and cool water.
- Do **not apply makeup, sunscreen, or skincare products** not specifically recommended by your provider.
- Avoid **touching your face, sweating, or exposing the skin to heat or direct sunlight**.
- Sleep on a **clean pillowcase**, preferably on your back, to avoid irritation.

## 3. Days 2–5:

- Continue using only **gentle cleansers and hydrating serums** (such as hyaluronic acid).
- Avoid **exfoliating products, acids, retinoids, and scrubs** for at least 5–7 days.
- **Flaking or mild peeling** may occur — do not pick or peel the skin.
- Use **broad-spectrum sunscreen (SPF 30+)** daily once skin is calm enough to tolerate it.
- Avoid **strenuous exercise, swimming, saunas, and steam rooms** for 3–5 days.

## 4. Healing & Results:

- **Redness typically subsides** within 1–3 days; mild pinkness may last up to 5 days.
- **Collagen production begins** immediately and continues for **4–6 weeks**, with optimal results appearing after a **series of 3–6 treatments** spaced 4–6 weeks apart.
- Skin texture, tone, and firmness will progressively improve over time.

## 5. Skincare & Maintenance:

- Maintain a consistent **hydration and sun protection** routine.
- Resume active skincare (retinoids, exfoliants, etc.) only after **5–7 days** or when advised by your provider.
- Avoid smoking and excessive alcohol use to support collagen regeneration.
- Your provider may recommend **topical growth factors, peptides, or vitamin C** serums to enhance results.

## Follow-Up

- Schedule your **next session in 4–6 weeks**, depending on your treatment plan.
- Contact your provider immediately if you experience:
  - Severe redness, pain, or swelling
  - Signs of infection (pus, drainage, warmth, or fever)
  - Persistent irritation beyond 5 days