



# Pre-Microneedling Prep: The Science of Skin Renewal

✦ Follow these steps to maximize your results and keep your skin safe.

## 5–7 Days Before Your Appointment

- **Discontinue Retinol, Tretinoin, and Exfoliating Acids (AHA, BHA, Glycolic, Salicylic, etc.)**- These thin the stratum corneum and increase sensitivity, which may cause over-irritation during needling.
- **Avoid Hair Removal (Waxing, Threading, Depilatories, Electrolysis, Laser)**- These remove or inflame the protective barrier. Combined with microneedling, this can increase risk of post-inflammatory hyperpigmentation or infection.
- **Pause Blood-Thinning Medications or Supplements (with physician approval)**- Aspirin, ibuprofen, fish oil, or high-dose vitamin E can increase pinpoint bleeding and bruising.
- **No Botox or Fillers in the Treatment Area (at least 2 weeks before)**- Allows injectables to fully settle and prevents product migration.

## 48 Hours Before Microneedling

- **Avoid Direct Sun Exposure or Tanning**- UV exposure triggers inflammation and free radical activity, which compromises healing.
- **Stop Harsh or Active Skincare Products**- Benzoyl peroxide, retinoids, or strong exfoliants can overstress the skin, reducing tolerance to treatment.
- **Minimize Alcohol and Caffeine**- Both dehydrate the skin and dilate blood vessels, increasing redness and slowing healing.

## The Day of Your Treatment

- **Stay Hydrated**- Hydration supports cellular function, collagen production, and speeds wound healing.
- **Eat a Balanced Meal**- Stable blood sugar supports comfort and helps minimize lightheadedness.
- **Men: Do Not Shave the Same Day**- Shaving creates micro-abrasions that can cause excess stinging or irritation.
- **Communicate Medications, Skin Conditions, or Illness**- Certain medications (like isotretinoin or recent antibiotics) and recent illness can impair healing. Always inform your esthetician for your safety.

Skincare doesn't end with your facial—it's what you do afterward that truly counts. Post-facial aftercare plays a key role in extending the results and maintaining your glow. The steps may seem simple, but when done consistently, they help you achieve brighter, clearer, and healthier skin long-term.