



PRE-APPOINTMENT – MICRONEEDLING

- Avoid retinoids, topical antibiotics, exfoliants, hydroquinone, sunburn, and benzoyl peroxide 5 days (120 hours) prior to your microneedling procedure.
- Avoid sun tanning or tanning creams/sprays for at least a week before treatment.
- You must NOT have recently had laser surgery or treatments within the past 30 days.
- Candidates who have had a recent chemical peel or other skin procedure, such as collagen injections, should wait 2-3 weeks before undergoing microneedling.
- Prospective patients should also refrain from waxing or tanning the skin 7 days prior to be treated.
- No shaving on the day of the procedure, please do this at least 24 hours prior.
- Must not have used Accutane in the last 12 months.
- If you have a history of cold sores, please notify your doctor before your treatment so they can prescribe antiviral agents for you to start taking prior to the day of your treatment.

AFTERCARE – MICRONEEDLING

- Keep the new skin clean and moisturized
- Avoid strenuous exercise or sweating for 24 hours due to healing microchannels in your skin
- Treat skin gently. Wash with a gentle cleanser, cool water, using clean hands only, and pat dry, no earlier than the evening after your treatment.
- You may use cool compresses for excessive discomfort, burning, redness, or swelling
- Avoid prolonged, direct sun exposure for at least 10 days after your treatment. When exposed to sun light, apply a minimum of SPF 30 sunscreen, every 2 hours
- You may use mineral-based makeup after 24 hours; please wait 7 days before using any heavier make up varieties
- Resume your regular skin care regimen 48 hours after treatment
- You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) 7 days after last treatment or as instructed by your technician.
- We recommend repeating your treatment in 4-6 weeks, and for best results a series of 3-5 treatments spaced 4-6 weeks apart
- If you are receiving a series of treatments, do not resume any of these products until after you have completed your last treatment.

