

Microneedling Pre and Post Instructions

Pre-Treatment Instructions:

1. Avoid Sun Exposure: Avoid direct sun exposure or tanning (including self-tanners) for at least 24-48 hours before treatment to prevent complications.
2. Discontinue Retinoids & Exfoliants: Stop using any retinoids, glycolic acid, or exfoliating treatments 5-7 days prior to the procedure. This helps minimize skin sensitivity.
3. Avoid Blood Thinners: Do not take blood-thinning medications or supplements (such as aspirin, ibuprofen, or fish oil) 3-5 days before treatment unless prescribed by your doctor.
4. Clean Skin: Ensure your face is clean and free of makeup, creams, or lotions on the day of the treatment.
5. Consultation: Inform your provider if you have any skin conditions, allergies, or are pregnant.

Post-Treatment Instructions:

1. Avoid Sun Exposure: Keep treated areas out of the sun and use a broad-spectrum SPF 30+ sunscreen for at least 2 weeks post-treatment.
2. Gentle Cleansing: Use a gentle cleanser and avoid harsh scrubs or exfoliants for 48-72 hours. Do not touch or rub the treated area.
3. Hydrate and Moisturize: Apply a gentle moisturizer to keep your skin hydrated. Avoid active ingredients like retinoids and acids for at least 3-5 days.
4. Avoid Makeup: Do not apply makeup for 24-48 hours after treatment to allow the skin to heal.
5. No Sweating or Hot Baths: Avoid strenuous exercise, saunas, or hot baths for 48 hours to prevent irritation and prolong healing.
6. Healing Process: Expect mild redness and swelling, similar to a mild sunburn, which typically subsides within 24-48 hours. Do not pick or peel any flaking skin.

Always follow your provider's specific instructions for optimal results.