



Microneedling Pre / Post Care Instructions

Microneedling Pre-Care Instructions:

- Please arrive with fully cleansed skin: no makeup, moisturizers, perfume, cologne, or any other products on the skin.
- Avoid Retin-A, retinoids, topical antibiotics, exfoliants, hydroquinone and benzyl peroxide 3 days prior to treatment.
- Topical numbing crème will be applied pre-treatment. Notify us of any medication allergies Microneedling cannot be done while PREGNANT OR NURSING.
- No sun exposure, tanning beds, self-tanning products for three days prior to the procedure. Procedure will be canceled if you are sunburned.
- Bring a hat and scarf day of procedure to wear after your treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar no later than the day of treatment.
- Notify your Esthetician if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness before your treatment.

Microneedling Post Care Instructions:

- NO SUN EXPOSURE for at least 14 days, we recommend 30 days after procedure.
- NO tanning beds, or self-tanning products for 7-14 days after procedure.
- NO picking or exfoliating area treated.
- NO vitamin A products 7 days post treatment (including Retin-A, Retinol, Tazorac).
- NO chemical peels 14 days post treatment.
- NO shaving 3 days after procedure, if skin is irritated continue to wait before shaving.
- NO toners for 14 days post treatment.
- NO sweating, exercising, Jacuzzi, sauna, steam bath until skin irritation has resolved (3-7 days).
- NO exfoliating medications or chemical products or devices for at least 7 days post treatment
- Ice packs, Tylenol and NSAIDS are okay if you are feeling discomfort or swelling. Do not take Ibuprofen, Aleve or Motrin. Use Tylenol for pain but avoid anti-inflammatory medications such as Motrin and Ibuprofen as these may decrease the wanted effects of the procedure.
- Eat fresh pineapples or drink pineapple juice to minimize bruising and swelling.
- Cleanse your face with tepid water and gently pat your skin dry.
- Apply physical defense sunscreen with SPF of 30 should be applied and reapplied every 60 -90 minutes while outdoors.
- After the treatment your skin will be red and flushed similar to a moderate sunburn. The redness should be greatly reduced within 24-48 hours.
- During the healing process you may experience swelling, burning, itching, bruising, soreness, skin tightness, flakiness, sensitivity and dryness. It may take up to 5-7 days for the skin to heal depending on the extensiveness of your treatment.
- Drink plenty of water, avoid make-up.

If you have any additional questions or concerns,

Please contact our office at 765-497-1655



- Stay away from exfoliants or glycolic acids that are present in cleansers as these can make your skin very dry after the procedure.

WHAT TO EXPECT AFTER YOUR TREATMENT:

Day 1 - It is normal and expected for your skin to feel red, sun-burnt, tight, dry, swollen and sensitive to the touch. You may also experience some stinging. The severity will depend upon how aggressive the treatment was performed. You may have pinpoint bleeding/weeping that should subside shortly after treatment. Mild sensitivity, tightness, heat sensation, itching, and irritation is normal but should resolve in 24-48 hours.

Day 2 - Mild to moderate redness similar to a moderate sunburn. Edema or swelling may be noticeable on the second day. Use your post-treatment cleanser and lotion.

Day 3 - You will still appear pink and notice that the swelling is beginning to decrease. Mineral make-up is okay to start using. Continue with post-treatment products recommended by your Esthetician.

Day 4-6 - Minimal swelling, minimal bruising, may have some flaking. Do not pick at the skin that is starting to flake off and do not use any exfoliators. Continue to use sunscreen. You may resume exercise.

Day 7 - Resume regular products for skin, including vitamin A products. Continue to avoid sun exposure. There may be areas that are darker that flake off after a week.

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