

# **Microneedling Pre/Post Care Instructions**

## **Prior to Treatment:**

Prior to the needling treatment, please observe the following:

- No Retin-A products or applications 1 week prior to your treatment
- No auto-immune therapies or products 1 week prior to your treatment
- No prolonged sun exposure to the face a week prior to your treatment. A needling treatment will not be administered on sunburned skin
- On the day of the treatment, please keep your face clean and do *not* apply makeup
- If an active or extreme breakout occurs before treatment, please consult your practitioner

## **What can be expected?**

After your needling treatment, please be aware and observe the following:

- Immediately after your needling treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after 2-6 hours and will normally recover within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.
- Your practitioner will prescribe post-procedure skincare after the procedure to help soothe, calm, and protect the skin. Continue to use for 5-7 days. Active skincare can be resumed again after day 7.

## **Instructions:**

Be certain to adhere to the following post-treatment instructions:

- CLEAN- Use a soothing cleanser or face wash with tepid water to cleanse the face for the following 48 hours and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area.
- HEAL- Healing properties are ideal to help heal the skin, such as bacitracin but will also create a sterile skin too. A post healing balm will be provided at the conclusion of your treatment and should be used 5-7 days following your treatment
- HYDRATE- Following your needling treatment, your skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to perfect balance.
- STIMULATE- In the days following your needling treatment, as the skin starts to regenerate, collagen stimulating peptides are ideal during this re-epithelialization process.
- MAKEUP- It is recommended that makeup should not be applied for 24 hours after the procedure. However, your practitioner may be able to supply you with specialized mineral makeup product that they feel would be suitable for use during this period. Do not apply makeup with a makeup brush, especially if it is not clean.
- PROTECT- Immediately after the procedure, apply a broad spectrum UVA/UVB sun block with a SPF30. A chemical-free sunscreen is highly recommended.

## **What to avoid:**

To ensure the proper healing environment, be certain to observe the following:

- For at least 7 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acids, Retinol (Vitamin A), Vitamin C (in a low pH formula), or anything perceived as "active" skincare.
- Avoid intentional and direct sunlight for 7-14 days. No tanning beds..
- Do not go swimming for at least 48 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.