

## **Microneedling Pre- and Post- care instructions**

### ***Prior to the Microneedling session, please observe the following:***

- No Retin-A products 24 hours prior to your treatment.
- No auto-immune therapies 24 hours prior to your treatment.
- No prolonged sun exposure to the face 24 hours prior to your treatment. A

Microneedling 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 you are taking a medication that has the ability to thin your blood or increase bleeding (aspirin, warfarin, etc.) please tell your service provider. If you are under a physician's care and need to discontinue your medication for a few days, always ask your physician prior to each SkinPen Microneedling appointment.
- Let your provider know if you have received a neurotoxin treatment (Botox, Dysport, Jeuveau) within 2 weeks of your microneedling appointment. We must wait 2 weeks after your neurotoxin treatment before performing microneedling procedures.
- If an active or extreme breakout occurs before treatment, please let your provider know
  - Wait 6 months following oral isotretinoin use (Accutane) before starting microneedling treatments

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

- Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. You may also notice some slight swelling, both are normal and should subside after 1 to 2 hours and will normally diminish within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas.
- If you are concerned about any reaction, please call our office and contact your healthcare provider immediately.

***After-care instructions for MicroNeedling Treatment:***

- Use cool water for the initial 24 hours to rinse the treated area. After 24 hours, use a gentle cleanser to cleanse the face for the following 72 hours and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area.
- Apply the SkinPen® lubricant provided for moisture over the next 24 hours.
- It is recommended that makeup or sunscreen should not be applied for 24 hours after the procedure.
- After the initial 24 hours, apply a broad spectrum UVA/UVB sunscreen with a minimum SPF 30 for two weeks. A chemical-free sunscreen is highly recommended.

What to Avoid:

- For at least 3 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Avoid intentional and direct sunlight for 48 hours. No tanning beds.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments must be avoided during the first 72 hours post-treatment.