

Pre and Post Care Instructions

MICRONEEDLING

PRE-CARE

- Although you will see some results after 1 microneedling session, for best results we recommend a series of 3-6 microneedling sessions, depending on the condition being addressed. Schedule your procedure to allow for about 3-5 days of facial redness, possibly bruising and flaking.
- Avoid any irritants (such as retinol, retinoid, glycolic, salicylic acids, benzoyl peroxide, alpha or beta hydroxy acids, astringents, Nair and Vitamin C) to your face for 7 days before treatment.
- If your skin is irritated please contact our office at least 24 hours prior to appointment to reschedule. If you have skin conditions, psoriasis, cystic or inflammatory acne, inform your clinician. If you have an active cold sore/fever blister, canker sore, or shingles you will need to postpone treatment. If you are prone to developing cold sores/fever blisters or shingles, please contact us 1 week before treatment for recommendations. Do not schedule a procedure if you are pregnant, think you are pregnant, or are breastfeeding. Pregnant or breastfeeding clients can not get microneedling. Patients actively undergoing chemotherapy or radiation treatment cannot be treated. Patient must be in remission for 6 months to be treated. You can do a microneedling before Botox/Dysport on the same day, but not vice versa. If you have had microneedling, please wait at least 24 hours before scheduling a Botox appointment. Inform your clinician of all medical conditions, medications you are taking, skin disorders, allergies, history of anaphylaxis, and any other medical problems. Tylenol will not cause bruising and is preferred for the week prior to treatment.
- To avoid possible discomfort, you may take 1g of acetaminophen (i.e. Tylenol) one hour prior to your scheduled appointment. If you have recently used the medication Accutane, it is recommended to postpone treatment until at least six months after stopping the medication. Excess hair may need to be shaved. Men should be cleanly shaved 24 hours before treatment.

POST-CARE

- During the first 24 hours, you will need to keep your skin well moisturized with Vaseline or Cerave cream only. These two products are non-irritating, hypoallergenic, and are a good option for this 24 hour period. We have Cerave cream available at our office. Do not use any other products or makeup during the first 24 hours. If needed, the skin may be rinsed gently with lukewarm water between applications of Cerave, but cleansers should not be used within the first 24 hours.
- After the procedure, your skin may look and feel like you have a sunburn. You may also experience skin tightness and mild sensitivity to touch on the area being treated. This will diminish greatly by the next day following treatment. After 3 days most visible erythema (superficial reddening of the skin) will be resolved. Continue moisturizing with a non-irritating moisturizer like Cerave during this time period.
- Do not exercise for 48 hours post-treatment as sweating can irritate the skin and cause an outbreak
- 3-5 days post-treatment, resume a normal gentle skin care regimen unless otherwise instructed by your clinician. You may find that you are sensitive to products that you usually use and tolerate well--wait 5-7 days before applying retinols, Vitamin C or salicylic acid, or glycolic acids. If your skin still feels more sensitive than usual, hold off on these products and continue using Cerave moisturizer.
- Some clients may experience flaking 3-5 days post-treatment. If this occurs do not pull or pick flaking skin. Continue using a gentle cleanser and a moisturizer until flaking resolves. You may schedule a dermaplane 5-7 days after treatment to help exfoliate flaking.
- Makeup may be applied after 24-48 hours post-treatment. Mineral makeup is best.
- You should always wear an SPF of 30 when exposed to any sunlight. SPF must not be applied for the first 48-72 hours, so sun exposure must be avoided.