



MICRONEEDLING

PRE + POST CARE

PRE-TREATMENT CARE:

- Avoid blood thinners and NSAIDs for 2 weeks before your treatment to minimize the risk of bruising UNLESS instructed to take these medications by your PCP.
- Avoid antihistamine and anti-inflammatory drugs 2 weeks prior to treatment. These negate the effects of the procedure. The body's histamine and inflammatory responses are needed post procedure for best results.
- Stop laser hair removal, electrolysis, and waxing one week prior to treatment.
- Stop topical retinoids one week prior to treatment.
- If using Accutane, a 6-month waiting period after discontinuation of medication is required.
- Please notify our office if you have ever experienced facial cold sores. You may require prophylactic therapy to prevent an outbreak following your microneedling treatment.

POST-TREATMENT CARE:

- Avoid all direct sun and heat exposure. This includes simple day-to-day tasks such as cooking over a hot stove, sitting next to a bonfire or fireplace, hot baths and hot tubs, walking or hiking, etc.
- Use sunscreen SPF 30 or higher daily for at least 2 weeks following your treatment.
- Only use hydrating and reparative products given to you in your post-care kit.
- You may resume normal, gentle skincare at 1 week following treatment (except for exfoliants)
- You may resume normal skincare at 2 weeks following treatment.