



Microneedling Pre and Post Op Instructions

PRE TREATMENT

Avoid Retin-A, topical antibiotics, exfoliants, hydroquinone, and benzoyl peroxide 3 days prior to 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 an active or extreme breakout occurs before treatment, please let us know.

POST OP INSTRUCTIONS

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. This is normal and will subside after 1 to two 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 or spots.

It is especially important to stay out of the sun immediately after your microneedling treatment. It is best to avoid sun exposure for 3 days and if possible 10 days. Apply a minimum of SPF 30 daily and every 2 hours while in sun exposure after the first 24 hours.

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.

Do not wash your face for 4-6 hours after treatment. You may wash your face with a gentle cleanser and tepid water before bed. Do not apply make-up to the skin until 24 hours after treatment. Treat the skin gently for 3 days. Normal skincare can be resumed again after Day 3.

You can expect some peeling on days 3-5 after treatment. This is a normal and desired outcome. Continue to use a daily hydrator and moisturizer.

If you have any concerns, questions or problems please call **910-323-3757**.