

Microneedling Pre- and Post- care instructions

Prior to the Microneedling session, please observe the following:

- **No Retin-A products or applications 24 hours prior to your treatment.**
 - **No auto-immune therapies or products 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 blood thinner, aspirin or any other medication that you have the propensity to bleed easily while on, please tell your technician. 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 Microneedling appointment.*
 - *If you are planning to receive Botox, make sure that you give yourself at least 2 weeks post Botox injections before receiving your Microneedling procedure.*
 - *If an active or extreme breakout occurs before treatment, please consult your practitioner. Wait 6 months following oral isotretinoin use.*
- 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 or spots.*

After-care instructions for MicroNeedling Treatment:

- Use tepid 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 lubricant serum we provided for moisture over the next 24 hours.*
- Do not take any inflammatory medicines for at least 2 weeks post treatment.*
- It is recommended that makeup or sunscreen should not be applied for 24 hours after the procedure. Do not apply any makeup with a makeup brush, especially if it is not clean.*
- 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.*