



## **MicroNeedling Pre Protocols**

- ❖ Before each appointment, please let us know if there have been changes in your medical history, medications, or skin care products since consultation.
- ❖ No bleaching, tweezing, plucking, waxing, threading, using depilatory creams or electrolysis for 2 weeks prior to your treatment, can make the skin reactive.
- ❖ Do not exfoliate the day of treatment. You may also be advised to stop using exfoliating creams and masks approximately three days prior to treatment.
- ❖ Please clean the treatment area before appointment, leave your skin FREE of cosmetics, lotions, creams, and perfume/colognes.
- ❖ No Accutane use within 12 months.
- ❖ Do not have unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks prior to this treatment or future treatments. (No sunburn) Wear sunscreen every day.
- ❖ No Facial surgery within 6 months.
- ❖ Ensure you are not on antibiotics nor have been in the past 4 weeks. Understand treatments cannot be done if you are on such medication.
- ❖ Do not use fillers or Botox within 4 weeks of any treatments in the treatment area for this or future treatments.
- ❖ Do not come for a treatment at any time if you have had a peel, chemical or other, microdermabrasion, laser/IPL, or light therapy, within 4 weeks. If you are not sure if your treatment will be a contradiction, please discuss with the technician.
- ❖ Do not use topical agents that may increase the sensitivity of your skin such as retinoids, exfoliants, topical antibiotics or acids 5-7 days prior to your treatment.
- ❖ Do not take anti-inflammatory medications such as ibuprofen, Motrin, or Advil for at least 3 days prior to your micro needling session. These will interfere with the natural inflammatory process that is critical for your skin rejuvenation.
- ❖ Do not shave the day of the procedure to avoid skin irritation. If there's dense hair present in the treatment area, shave the day before you arrive for your appointment.
- ❖ Please let your technician know if there are any cosmetic tattoos in the treatment areas.



## MicroNeedling Post Protocols

Failure to follow pre/post treatment instructions can raise the risk for hyperpigmentation, - viral, bacterial, and fungal infections that can occur anytime the integrity of the skin is compromised. A sunburn-like effect is normal. Your skin may feel tight, dry or sensitive to touch. Treat the skin gently by washing it with a gentle cleanser, cool water, and using only your clean hands to pat dry no earlier than 8 hours after treatment. Use only the products provided for the first 24/48 hours. Some redness may also be present and in some cases, patients may experience slight bruising that can last for 5-7 days and temporary swelling for 2-4 days.

- ❖ No exercise, body treatment, hot tub, sauna, steams, swimming pools, or massage until skin is back to normal post treatment.
- ❖ Showering is permitted, but please wait at least 4 hours. Use only lukewarm water. Do not rub the treated area with a face cloth or towel. Pat the area dry so the skin is not disturbed. Avoid swimming and sports if bruising is present to reduce skin irritation and infection.
- ❖ Avoid heavy makeup for 24 hours after treatment. If you must wear makeup: apply light makeup BUT apply it with a clean applicator or clean hands. Ensure you are using very clean makeup brushes and sponges.
- ❖ Sleep on your back with the head of the bed elevated to minimize swelling or pain as needed.
- ❖ Have a clean pillowcase and sheets on the bed after treatment. Change pillow case daily.
- ❖ You will notice skin dryness and flaking which is due to an increased turnover of skin cells. DO NOT pick, scratch, or scrub at treated skin!
- ❖ Please wait 7 days before resuming the use active ingredient/photosensitive medications/products like Retin-a (tretinoin), Renova, Differin, Tazorac, Ziana, Veltin, Atralin, glycolic acids or any other exfoliating agents, even a Clarisonic Brush. or any medications with any of these active ingredients.
- ❖ Do not use fillers or Botox within 1 week post treatments in the treatment area.
- ❖ You will not have additional treatment such as peel, chemical or other, microdermabrasion, laser, or light therapy etc. for 3 weeks post treatment.
- ❖ NO bleaching, tweezing, plucking, waxing, threading, using depilatory creams or electrolysis for 2 weeks post treatment.
- ❖ You will need to avoid unprotected and/or excessive sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks post treatment. **However: it is best to avoid all sun exposure and to not wear sunblock for 48 hours.** SPF 30+ is to be used at all times before/after/in-between treatments to prevent complications.
- ❖ Do not exfoliate for 5 to 7 days after treatment, then with a gentle exfoliator, if skin can tolerate it.

For best results: We recommend follow-up and repeat micro needling treatments every 4-6 weeks, with a series of 3-5 treatments depending on your personalized care plan. Results are not immediate, because the healing process is completed only after 5-6 weeks, and collagen remodeling can linger for months. most noticeable 1-3 months after the last session.