



PROCEDURE INSTRUCTIONS

Microneedling

BEFORE

- No Retin-A products or applications 24 hours prior to your treatment.
- No auto-immune therapies 24 hours prior to your treatment.
- No prolonged sun exposure to the face 24 hours prior to your treatment.
- No make-up or moisturizer on your face the day of the procedure
- If you are taking a blood thinner please let your provider know as there might be a higher risk of bleeding and bruising.
- If you are planning to receive Botox/Dysport/Xeomin, make sure that you give yourself at least 2 weeks post injections before receiving your microneedling procedure.
- If an active or extreme breakout occurs before treatment, please consult your practitioner.
- Wait 6 months following oral Accutane use.

AFTER

- Use warm 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.

- 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. After the initial 24 hours, apply a broad spectrum UVA/UVB sunscreen with a minimum SPF 30 for two weeks.
- Do not apply any makeup with a makeup used/old brush.
- For at least 3 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (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.

WHAT TO EXPECT

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 1-2 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. Mild flakiness and dryness is expected.

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