



## Micro-Needling Pre & Post Treatment Care Instructions

### Pre-Treatment Instructions:

- Avoidance of Accutane for the past 6 months.
- Avoid retinoids, topical acne medications, exfoliants, hydroquinone, and benzoyl peroxide 4 days prior to procedure.
- Avoidance of chemical peels, IPL or other Laser procedures for at least 1 week prior treatment and post treatment.
- No waxing, depilatory creams or electrolysis 5-7 days prior.
- No significant changes in the skin recently reported including breakdown of skin or excess dryness or sunburn

### Day of procedure:

- No lotions, makeup or other topical products should be on your face before your procedure.
- Please arrive with clean washed skin, but if this is not possible, we will cleanse it for you.
- After your procedure your medical provider may apply a healing cream and sunscreen.
- You may clean your face with a gentle cleanser before bed and apply \_\_\_\_\_.

### Post-Treatment Instructions:

- Redness or sensitivity might be present and can last up to a few days. Continue to use recommended skincare as instructed.
- Avoid sun tanning and prolonged exposure to direct sunlight.
- When exposed to sun, always use an approved sunscreen of SPF 30 or above.
- Use Tylenol only as needed for any soreness.
- Avoid strenuous exercise or sweating for 12 hours after the procedure.
- Treat skin gently by washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after.
- May use mineral makeup after 24 hours.
- Repeat treatments in 4 weeks and for best results complete a series of 3 – 5 treatments.
- Immediately after your Micro-Needling procedure, do not take any anti-inflammatory medications such as Ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.

### Provider Recommended Products:

#### Morning

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### Evening

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

