



Microneedling Treatment Guidelines

Pre-Treatment Instructions:

- Avoidance of Accutane for the past 6-12 months.
- Avoid retinoids, topical acne medications, exfoliants, hydroquinone, and benzoyl peroxide for 4 days prior to your procedure.
- Avoidance of chemical peels, IPL or other Laser procedures for at least 2 weeks pre and post treatment.
- No waxing, depilatory creams or electrolysis 5-7 days prior.
- Let your provider know if you have had significant changes in the skin including breakdown of skin or excess dryness or sunburn
- Drink LOTS of water 24 hours prior to your treatment to aid in the blood draw.

Day of Treatment:

- Please arrive with clean washed skin without make up, 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 Alastin Nectar. Please do not apply any other products for at least 12 hours post treatment

Post-Treatment Instructions:

- Redness or sensitivity might be present and can last up to a few days. Continue to use recommended skincare as instructed.
- Wash with a gentle cleanser, and avoid using any products for at least 12 hours
- May use mineral makeup after 24 hours.
- Avoid sun tanning and prolonged exposure to direct sunlight for at least 2 weeks.
- When exposed to sun, always use an approved sunscreen of SPF 30 or above.
- Avoid strenuous exercise or sweating for 12 hours after the procedure.
- 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.
- Use Tylenol only as needed for any soreness.