

# MICRONEEDLING 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 SkinPen 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 (Accutane) 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.
- If you are concerned about any reaction, please call our office and contact your healthcare provider immediately.

## After-care instructions for MicroNeedling Treatment:

- Use lukewarm 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 **SkinPen® lubricant** 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.