

MICRONEEDLING

PRE-TREATMENT CARE:

1. Inform Your Provider: Inform your treatment provider of any medical conditions, allergies, or medications you are currently taking, especially if you are using retinoids or other topical treatments.
2. Avoid Sun Exposure: Avoid excessive sun exposure and tanning beds for at least 1 week before your treatment. Use a broad-spectrum sunscreen with SPF 30 or higher daily.
3. Discontinue Certain Products: Stop using any retinoids, glycolic acid, salicylic acid, and other exfoliating products at least 3-5 days before your treatment to avoid irritation.
4. Avoid Anti-Inflammatories: Avoid taking anti-inflammatory medications such as ibuprofen, aspirin, and other NSAIDs for at least 1 week before your treatment to minimize the risk of bruising.
5. Hydration: Drink plenty of water in the days leading up to your treatment to keep your skin hydrated and enhance the treatment's effectiveness.
6. Avoid Hair Removal: Do not wax, thread, or use any hair removal creams on the treatment area for at least 1 week before your appointment.
7. Medication Review: Discuss any medications or supplements you are currently taking with your provider to ensure there are no contraindications.
9. Avoid Alcohol: Refrain from consuming alcohol at least 24 hours before your appointment to minimize the risk of bruising.

POST-TREATMENT CARE:

1. Avoid Sun Exposure: Avoid direct sun exposure and tanning beds for at least 1 week after your treatment. Apply a broad-spectrum sunscreen with SPF 30 or higher daily and wear protective clothing when outdoors.
2. Gentle Skincare: Use gentle skincare products as recommended by your provider. Avoid harsh exfoliants, retinoids, and active ingredients like alpha hydroxy acids for at least 1 week post-treatment.
3. Hydration: Continue to drink plenty of water to keep your skin hydrated and support the healing process.
4. Do Not Pick or Peel: Avoid picking, scratching, or peeling the treated area to prevent scarring and allow the skin to heal naturally.
5. Avoid Heat and Exercise: Avoid vigorous exercise, saunas, hot tubs, and excessive heat for at least 24-48 hours after your treatment to prevent irritation and swelling.
6. Avoid Makeup: Refrain from applying makeup for at least 24 hours post-treatment to let your skin breathe and recover.
7. Moisturize: Keep your skin moisturized with a gentle, hydrating moisturizer as recommended by your provider to maintain the treatment's effects.
8. Follow-Up Treatments: Schedule follow-up treatments as recommended by your provider to achieve and maintain optimal results.
9. Monitor for Reactions: Monitor the treated area for any unusual reactions such as severe redness, swelling, or signs of infection, and contact your provider immediately if they occur.
10. Avoid Alcohol and Caffeine: Limit alcohol and caffeine intake for at least 24 hours post-treatment to prevent dehydration and support skin recovery.

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