



PRE & POST-TREATMENT CARE

Microneedling Instructions

PRE-TREATMENT		
2 Weeks Before: • Avoid aesthetic procedures (waxing, laser, Botox, fillers) • No sun exposure or self-tanning products • Notify us if you've been ill • Shave facial hair	5 Days Before: • Stop active ingredients (retinoids, acids) • Discontinue aspirin, ibuprofen, fish oil, Ginkgo Biloba, St. John's Wort, and vitamin E (unless prescribed) • Shave facial hair (Male)	24 Hours Before: • Drink plenty of water • Avoid alcohol and intense exercise • Start cold sore medication if prone to outbreaks • Reschedule if you have active breakouts, cold sores, or open lesions • Shave facial hair again (Male)

POST-TREATMENT	
First 24 Hours After: • Apply clear hyaluronic acid serum liberally starting the morning after with clean hands • No makeup for 12 hours • Avoid touching treated areas • No swimming or strenuous exercise • Apply La Roche Posay Cicaplast Balm (or similar) starting 48 hours after	First 2 Weeks After: • Avoid extreme heat (saunas, steam rooms) • No direct sun exposure • After 24 hours: resume showering, add SPF 30+ • Wait 7 days before using retinoids or acids

What to Expect: Redness, warmth, tightness, mild swelling, and light peeling are normal. Rare bruising may take up to 2 weeks to heal.

Contact us immediately if you notice:

- Signs of infection (increasing redness, swelling, pus, fever)
- Allergic reaction (hives, difficulty breathing)
- Cold sore development
- Any unusual reactions

Next Steps: Schedule your next treatment in 4-6 weeks for optimal results. *If you have questions or concerns, please call the office at 603-742-5556.*