

MICRONEEDLING

PRE AND POST CARE



PRE-TREATMENT CARE:

- If okayed by your healthcare provider, do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve, etc. for at least two weeks prior to your treatment.
- Avoid alcohol at least three days prior to your appointment. This will help diminish the swelling after your treatment.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment.
- Please avoid at-home exfoliating within 3 days prior to your treatment, such as; at-home dermaplaning, shaving, chemical peels, masks and retinols. Please speak with your skin health provider about products or treatments you're currently using at home prior to your treatment to ensure the best outcome.
- Please keep in mind injections can be performed after any microneedling treatment. However, you must wait 2 weeks post injection to receive any Microneedling treatment.
- You cannot be pregnant.
- No self-tanner.

POST-TREATMENT CARE:

- To maximize your treatment during the first 24 hrs, we recommended leaving PRF or Growth Factors on your face until the the next am. This will help and speed up the healing process and maximize your results. We also recommend Skinmedica TNS or Enchanted's Lipid Cream with plant stem cells after the first 24 hrs to optimize your results.
- Slight itchiness and irritation can be felt, similar to a sunburn, for up to 72 hours post treatment. We highly recommend one of our 100% Mulberry Silk pillowcase to help increase the hydration in your skin long term.
- Avoid makeup and sunscreen for 24 hours (after we recommend one of our medical grade mineral sunscreens to protect your skin and investment).
- Avoid exercise and high heat activities for 24 hours.
- Protect your skin from the sun for 24 hours.
- Stay well hydrated.
- Avoid alcohol for 72 hours.