



## Pre & Post Treatment Instructions for Microneedling

### **BEFORE your Microneedling treatment:**

- Avoid Accutane in the six months prior to beginning your treatment sessions. Active skin care products such as Retin A, Retinol, Renova, glycolic acid products, night creams with alpha hydroxy acids should be discontinued throughout these treatments. Mild cleansers, toners, moisturizers may be used immediately after treatment.
- Do not take anti-inflammatory medications such as ibuprofen, Motrin, or Advil for at least 3 days prior to your microneedling session. These will interfere with the natural inflammatory process that is critical for your skin rejuvenation.
- If you're prone to cold sores, take an antiviral agent for 2 days prior to and the day of the treatment.
- Avoid blood thinning agents for one week prior because bruising is a common side effect of microneedling.
- Avoid all sun exposure, self-tanning creams, spray tans, tanning beds and IPL/ Laser procedures for at least two weeks prior to each fractional resurfacing treatment. A sunscreen with SPF 20-30 plus zinc oxide or titanium dioxide should be worn throughout the treatments.
- Do not have facial hair waxed or lasered 48 hours prior to treatment and avoid facial shaving 8 hours before to treatment. No waxing, depilatory creams, or electrolysis to the area being treated for 5-7 days prior. Do not shave the day of the procedure to avoid skin irritation. If there's dense hair present in the treatment area, shave the day before you arrive for your appointment.
- You will be asked to remove your makeup (can be done at the clinic) and jewelry before the procedure. Contact lenses may be worn.

### **AFTER your Microneedling Treatment:**

- Do not take any anti-inflammatory medications for one week after the procedure. Use a painkiller, such as Tylenol, if you experience any soreness. Sleep on your back with the head of the bed elevated to minimize swelling or pain as needed.
- Do not use ice on your face, and avoid using arnica/bromelain. These may interfere with the natural inflammatory process that's critical for your skin rejuvenation.
- There is little to no downtime and you can resume normal activities immediately. However, we advise you to avoid strenuous exercise or swimming, jacuzzis, saunas, and steam baths for up to 48 hours after treatment.
- Use only mineral makeup after 24 hours. Do not use retinoid or retinol containing products such as AlphaRet or any other Vitamin A derivatives for 5 days post treatment unless otherwise directed by your healthcare professional.
- **Days 1-3**, a sunburn-like effect is normal. Your skin may feel tight, dry or sensitive to touch. Treat the skin gently by washing it with a gentle cleanser, cool water, and using only your

hands to pat dry no earlier than 4 hours after treatment. Some redness may also be present and in some cases, patients may experience slight bruising that can last for 5-7 days and temporary swelling for 2-4 days. **Days 2-7**, peeling may start 3-5 days after the treatment. You'll notice skin dryness and flaking which is due to an increased turnover of skin cells. **DO NOT** pick, scratch, or scrub at treated skin! **Days 5-7**, you may start your regular skin care products again, once your skin no longer feels irritated. Most of our patients have noticed continued skin improvement over the months following their last treatment.

- Gentle cleansing and use of non-irritating cosmetics are permitted after treatment. **Dr. Lynch recommends SkinBetter Science Cleansing Gel.**
- New skin will begin to form and it is essential to avoid injury and sun exposure at least two weeks following treatments. It is highly recommended that clients use a sunscreen with an SPF of 30 or higher containing UVA/UVB protection along with a sun blocker such as zinc and/or titanium dioxide between treatments. **Dr. Lynch recommends SkinBetter Science SunBetter Advanced Mineral Protection sunscreen.**
- You must allow the old skin to flake off naturally and keep it moisturized at all times. Talk to your skin specialist about which products to use. **Dr. Lynch recommends SkinBetter Science Trio Rebalancing Moisture Treatment or SkinBetter Science Hydration Boosting Cream.**
- For best results: We recommend follow-up and repeat microneedling treatments every 4-6 weeks, with a series of 3-5 treatments depending on your personalized care plan.

**Any questions/ concerns – call our office at 480-800-8346**

