



## microneedling care

Prior to the Microneedling service, please observe the following:

- No oral antibiotics at least 10 days prior to your service.
- No Retin-A products or applications 24 hours prior to your service.
- No auto-immune therapies or products 24 hours prior to your service.
- No prolonged sun exposure to the face 24 hours prior to your service. Microneedling service will not be administered on sunburned skin.
- On the day of the service, 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 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 service.
- If an active or extreme breakout occurs before service, please consult your practitioner.
- Wait 6 months following oral isotretinoin use.
- Drink lots of water prior to treatment

After your service, please be aware and observe the following:

- Immediately after your service, 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 SERVICE

- Use tepid 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 service.
- 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 service, 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-service.
- No exercising or strenuous activity for the first 24 hours post-service. Sweating and gym environments must be avoided during the first 72 hours post-service.
- Please contact your dermani MEDSPA® with any questions