



## **Microneedling Pre & Post Procedure Instructions**

### **Pre-Procedure Instructions & Precautions**

- Avoid significant sun exposure/burns twenty-four (24) hours prior to treatment.
- Discontinue use of retinoids and vitamin C products 48 hours prior to treatment.
- You should not have an active breakout, active cold sores, or open lesions on the day of the treatment. If this occurs, your microneedling treatment may be rescheduled.
- If you have a history of cold sores, we may prescribe an antiviral to take for two days before and three days following your treatment.
- You will need to wait six (6) months following isotretinoin (Accutane) use prior to your microneedling treatment.
- In darker skin types, the skin may darken as part of the healing process.
- Wait at least forty-eight (48) hours before or after Botox/Dysport treatment to have a microneedling treatment.

### **Post-Procedure Instructions & Precautions**

- Use a gentle cleanser for the first 24 hours following your procedure.
- During the first 24 hours, you may apply ice to help with any discomfort.
- You may moisturize the skin with Hydroboost Hyaluronic Acid or Plated serums.
- Avoid products with active ingredients for the first 5 days following your procedure.
- Avoid exercise for 24 hours following the procedure.
- Avoid direct sun exposure for three (3) days after the microneedling treatment.

### **Expectations**

- Day 1 - Mild to moderate redness and swelling, similar to a sunburn. Do not apply sunscreen or makeup during this time
- Day 2 - Some persistent redness and swelling may be present. Start Plated/Hydroboost Hyaluronic Acid Serum and Collagen Booster Cream nightly
- Day 3 - Most redness, bruising, and swelling have subsided by this time. Continue Plated/Hydroboost Hyaluronic Acid Serum and Collagen Booster Cream nightly
- Day 5 - Return to normal appearance and regular use of skincare products