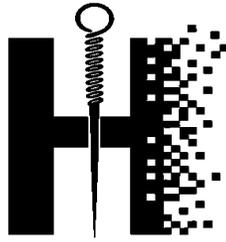


MicroNeedling: Preparation Guide

- **Vitamin C Support:** It is suggested to start on a vitamin C serum daily, 2 weeks prior to your microneedling treatment to help with collagen production and recovery.
- **Medication Safety:** Avoid anti-coagulants and blood thinning medications and supplements 4 days prior to treatment.
- **Medical Consultation:** If you are on prescription medication, you must consult your doctor before the treatment and before discontinuing any medication.
- **Injections & Permanent Makeup:** You must not have new permanent makeup or injections on or near the treatment area. Allow at least 2 weeks for any permanent makeup or injectables to heal prior to treatment.
- **Sun Protection:** Use SPF 30 or higher daily. Skin with a sunburn cannot be treated.
- **Tanning:** Use of tanning beds as well as self-tanner products must be avoided 24 hours before and after treatment, though 1 week is preferred.
- **Ingredient Cleanse:** Avoid any irritating skincare ingredients such as hydroquinone, Retin A, retinol, benzoyl peroxide, glycolic, or salicylic acids for at least 3 days prior to treatment.
- **Hair Removal:** Do not tweeze or wax the area one week prior to treatment.
- **Skin Health:** If you have any open cuts or cold sore breakouts, we cannot do treatment until they are healed.



MicroNeedling: After Care Guide

- **Immediate Response:** You may be red for 12–24 hours.
- **Activity Restrictions:** No exercise today. Sweat can irritate the face.
- **Sun & Cosmetics:** Stay out of the sun the day you get microneedling. Use a mineral sunscreen daily after treatment. No makeup today.
- **Hydration:** Use a Hyaluronic Acid (HA) serum when you feel dry and before bed tonight. Continue using the HA daily as part of your routine.
- **Cleansing:** Do not use facial soap today. If you need to wash your face, use only warm water.
- **Routine Update:** If you would like to return to your normal facial routine tomorrow, be aware that facial products have a much higher absorption rate the week of microneedling.
- **Results:** You will not see results from today's treatment for 28–30 days (1 full skin cycle).
- **Maintenance:** Treatment frequency is typically every 4–6 weeks—schedule your next visit.