



## **MICRONEEDLING - PRE/POST CARE**

### **Before Your Treatment**

- No Retin-A or glycolic products/applications to your face for 72 hours prior to treatment.
- No laser or chemical peels within 4 weeks of your microneedling treatment.
- No sunburned skin, wind chapped or very tanned facial skin.
- Areas with active acne breakouts will not be treated.
- Begin your medication 3 days before treatment (If prescribed).

### **After Your Treatment**

- No sun for 1 week after your treatment. Use an SPF 30-40 on your face daily for two weeks.
- No anti-inflammatories for 48 hrs post treatment (Ck with your MD if you are on a prescribed Rx)
- Swelling, tenderness and redness is normal and should subside after the first 48 hrs.
- Your skin may feel dry and tight and start to flake. (This is normal, keep skin moisturized)
- Use Hyaluronic serum/PRP/Moisturizer to keep skin moisturized & hydrated.
- Do not ice or cold compress your face for 48 hrs post treatment.
- Do not apply any makeup for at least 12 hrs post treatment.
- No chemical peels or laser treatments for 4 weeks post treatment.

### **Potential Side Effects**

- Swelling, redness, red marks, scratches or small abrasions may occur.
- Risk of infection-Keep area clean and moisturized. Call me immediately with any concerns.
- Microneedling can trigger a cold sore. Please inform me if you have a history of cold sores.

### **Repeat Treatment and Maintenance**

- Frequency of treatment depends on severity of the area treated.
- Recommended for best results:
  - \* 3 treatments spaced 4-6 weeks apart
  - \*4th treatment within the following 3-6 months
- Once results are obtained, treatments can be spaced 3-6 months apart for maintenance.

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