



MICRONEEDLING PRE & POST CARE

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PRE-TREATMENT CARE:

- If okayed by your healthcare provider, do not take any blood thinning medications such as ibuprofen, Advil, Vitamin E, Fish Oil, Excedrin, Aleve, etc. for at least two weeks prior to your treatment.
- Avoid alcohol at least three days prior to your appointment. This will help diminish the swelling after your treatment.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment.
- Please avoid at-home exfoliation 3 days prior to your treatment, such as: at-home dermaplaning, shaving, chemical peels, masks, pads, and retinols. Please speak with your provider about products or treatments you're currently using at home prior to your treatment to ensure the best outcome.
- Please keep in mind, injections can be performed before or after Microneedling treatment. However, you must wait 2 weeks after you have been injected to receive any Microneedling treatment.
- No self-tanner.

POST-TREATMENT CARE:

- Slight itchiness and irritation can be felt, similar to a sunburn, for up to 72 hours post treatment.
- Avoid makeup and sunscreen for 24-48 hours (with the exception of SkinBetter SPF and EltaMD SPF).
- Wash your makeup brushes before using!
- Protect your skin from the sun for 24 hours.
- Stay well hydrated.
- Avoid alcohol for 72 hours.
- Change your pillowcase nightly, for the next three nights.
- Wipe down your phone and glasses with an alcohol pad.
- No exercise or excessive sweating for 72 hours.
- **If treated with PRP:**
 - Day of: Rinse the face with lukewarm water 2- hours post treatment and apply LIFT. No moisturizer.
 - Repeat at bedtime if treatment occurs earlier in the day.
 - Days 1-3: use a gentle and mild cleanser (am/pm). Apply RESCUE as needed. You may use a fragrance free, gentle moisturizer.
 - If using Vitamin C, you may resume this on day 4 or 5.
 - You may return to your traditional cleanser (if different), retinol, Peel Pads, etc. on days 5-7.
- **If treated without PRP:**
 - Day of: Rinse face at bedtime with lukewarm water and apply LIFT. No moisturizer.
 - Days 1-3: use a gentle and mild cleanser (am/pm). Apply RESCUE as needed. You may use a fragrance free, gentle moisturizer.
 - If using Vitamin C, you may resume this on day 4 or 5.
 - You may return to your traditional cleanser (if different), retinol, Peel Pads, etc. on days 5-7.

If you have any questions before or after your appointment, you can call us at: **573.815.5310**