



Microneedling Patient Instructions

For best results, please follow these instructions

Before your treatment:

Initial _____ If you wear contacts and choose to remove them prior to your treatment, please bring your own supplies to do so.

Initial _____ **Avoid** any irritants to your skin, such as products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, or astringents for **1-3 days prior to your treatment.**

Initial _____ **Do not** wax or use a depilatory on treatment areas **one week prior to your treatment.**

Initial _____ **Avoid** excessive tanning or tanning beds for approximately **1 week prior to treatment.** If you are in the sun, we recommend sun protection of SPF 30 or higher.

Sunburned skin **cannot** be treated.

Recovery

Initial _____ Day 1 – Erythema and red appearance and severity will depend upon how aggressive the treatment was performed.

Initial _____ Day 2 – A red hue or pink hue persists like a moderate sunburn. Swelling may be more noticeable on the second day.

Initial _____ Day 3 – Skin can be pink or normal color. Swelling subsides. If retinol is applied during microneedling treatment peeling of the skin will happen. It is important that you do not pick or pull at any skin that is flaking or peeling. Peeling can last 3-7 days and the severity of the peeling will depend on your skin condition. Please talk with your skin therapist about proper post care.

After your treatment

Initial _____ Wash the face thoroughly a few hours after treatment. Gently massage the face with tepid water (a shower can provide an easier ability to massage the face while washing at the same time), and remove all serum and other debris such as dried blood. This will improve the appearance of the skin and allow for better subsequent absorption of active products.

Initial _____ Mineral Makeup may be applied the following day

Initial _____ After 2-3 days patients can return to regular skin care products or as soon as it is comfortable to do so. Retinol products are optimal and suggested.

Initial _____ Avoid alcohol based toners for 10 – 14 days.

Initial _____ Avoid direct sun exposure for at least 10 days if possible.

Initial _____ Do not apply sunscreen the same day as treatment. Undesirable chemicals can penetrate if used in large amount.

Patient Signature

Date

Please call us at 206-523-4444 if you have any questions or concerns.