

Pre- and Post- Treatment Instructions for Microneedling

Pre-Treatment Instructions:

DO alert us if you have a rash, severe acne outbreak, or cold sores prior to your procedure.

DO come to your appointment with your skin as clean as possible.

DO take a prescription antiviral starting the day before your procedure if you have a history of cold sores (herpes simplex) on the face.

DO NOT use irritating products or peeling agents the week before the procedure.

DO plan on doing your SkinPen series at approximately 1 month intervals when doing a series of 3 (recommended).

DO NOT plan on using any products or makeup, including sunscreen, in the first 24 hours after your procedure.

DO plan on having some redness, pinpoint bruising, and mild swelling for the first day or two after the procedure.

Post-Treatment Instructions (first 24 hours after procedure):

DO avoid sweating, direct sun exposure, steam showers, and heavy exercise.

DO NOT apply ANYTHING to the skin in the first 6 hours after microneedling unless approved by your physician. It is ok to splash with water but not recommended.

DO feel free to use gentle, non-irritating products for washing, moisturizing, sunscreen and makeup after the first 24 hours.

DO rinse off anything that stings or burns in the first few days. Aquaphor is generally well tolerated on any skin that is experiencing irritation.

DO NOT start or restart any retinol or retin-a products within 5 days of microneedling.

DO let us know immediately if you have any severe itching, burning, or blisters or if any irritation, redness, or peeling lasts more than 4-5 days.