



Microneedling Pre- and Post-Treatment Instructions

Pre-Treatment Instructions:

- Discontinue use of retinoids 24 hours prior to treatment.
- Avoid sun exposure 24 hours prior to treatment.
- If you have irritated skin from sunburn, open wounds, cold sores, or an active breakout in the area to be treated, please notify us in order to reschedule your appointment.
- You must wait at least six months following Accutane (isotretinoin) use before your microneedle session.
- You must wait 24 hours from your last auto-immune therapy treatment before your microneedle session.
- Wait at least 48 hours after your Botox treatment, 1 week after any filler treatment, and 1 month after any deep chemical peel, microdermabrasion, or ablative laser treatment before your microneedle session.

Post-Treatment Instructions:

- Avoid heat and keep the skin cool during the first day of treatment.
- Avoid makeup or thick lotions, including sunscreens, for the first 24 hours following your procedure, as this blocks the microchannels and impedes healing.
- Avoid strenuous exercise for 24 hours post-procedure as this will increase risk of skin irritation and infection.
- Strictly avoid sun exposure for the first 24 hours as you will not be wearing sunscreen. Return to sunscreen use 24 hours after your procedure. Continue to minimize sun exposure for 72 hours post-procedure.
- Avoid using scrubs or washcloths on your face until it has fully healed and back normal.
- You may resume your normal skincare routine (avoiding scrubs) 5 days post-procedure.
- If you have had microneedling with PRP, it is recommended to keep the PRP on the skin for 12 hours.

Other Information:

- It is normal for your skin to appear red with pinpoint bleeding/scabbing for approximately 48 hours.
- Your skin might appear dry or rough for 5-7 days post-procedure as the pinpoint channels heal.

After Care Regimen:

- Day 0: You can use the Skinfuse Lift HG on your skin as needed to help with hydration. You can use the supplied collagen mask that night. Avoid heavy exercise. Avoid makeup or sunscreen.
- Day 1: Mild to moderate redness and swelling will be present, similar to a sunburn. Do not apply sunscreen or makeup.
- Day 2: Some persistent redness and swelling may be present. It is OK to apply SPF and makeup. Continue to minimize sun exposure.
- Day 3: Most redness and swelling will be gone. You can return to exercising.
- Day 4: Your skin should return to normal appearance.
- Day 5: You may return to your normal skincare routine. Continue to avoid skin scrubs.
- Day 10: You may add skin scrubs back into routine.

If you are concerned about an emergency, please call (541) 588-4252, or go to your nearest emergency room.