

MICRONEEDLING

PRE AND POST CARE

Microneedling is a minimally invasive treatment designed to rejuvenate the skin by stimulating collagen production. This procedure involves using very fine needles to create micro-injuries on the skin's surface, triggering the body's natural healing process.

Microneedling improves skin texture, reduces fine lines, wrinkles, and scars, and promotes a more youthful appearance. A common application is on the face, neck, and décolletage, but it can also be applied to other parts of the body.

Results from microneedling can be seen gradually as new collagen forms, with noticeable improvement typically appearing within a few weeks. To maintain optimal results, following up with multiple sessions is recommended based on your provider's guidance.

Adhere to all pre- and post-care instructions to ensure the best outcome from your microneedling treatment and minimize any potential risks. If you experience any unexpected issues, contact our clinic for assistance.

Pre-Treatment Care

- **Avoid sun exposure:** Refrain from tanning or excessive sun exposure for at least one week before treatment.
- **Stay hydrated:** Keep your skin well hydrated in the weeks before your appointment by drinking lots of water.
- **Avoid certain medications:** Do not take aspirin, anti-inflammatory drugs, or blood thinners for at least one week before treatment unless directed otherwise by your healthcare provider.
- **Avoid alcohol:** Avoid consuming alcohol 24 hours before treatment to minimize the risk of bruises.
- **Clean skin:** Prepare your face by removing your makeup and lotions before your appointment.

Post-Treatment Care

After your micro-needling treatment, it is crucial to follow these post-care instructions to promote healing and optimize results:

- **Avoid touching the treated area:** Keep your hands off the treated skin to prevent introducing bacteria.
- **Apply a soothing serum:** To soothe the skin and encourage healing, use any post-procedure serums recommended by your provider.
- **Avoid makeup:** Refrain from applying makeup for 24-48 hours after treatment to allow the skin to heal.
- **Keep the skin moisturized:** Use a gentle, hydrating moisturizer to maintain moisture and reduce irritation.
- **Avoid direct sunlight:** Refrain from direct sun exposure for at least one-week post-treatment, and use high-SPF sunscreen daily to protect your skin.
- **Avoid strenuous activity:** Refrain from exercise or intense physical activity for at least 48 hours to minimize swelling or irritation.
- **Avoid alcohol and tobacco:** These substances can hinder the healing process, so it's best to avoid them for at least 48 hours after treatment.
- **Do not exfoliate:** Avoid using harsh exfoliants or scrubs for one week following your treatment to prevent irritation.
- **Sleep with your head elevated:** If you experience any swelling, it can help reduce it.

If you have any questions or concerns about your pre- or post-care routine, please reach out to our office. You can rely on us to ensure that you achieve the best results possible with your microneedling procedure.