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## Pre- & Post-Treatment Care

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Microneedling, also called collagen induction therapy, is a minimally invasive procedure that uses fine, sterile needles to create controlled microscopic punctures in the skin's surface. This process stimulates the body's natural wound-healing response and promotes the production of collagen and elastin within the dermis, helping improve overall skin texture and tone. Microneedling can help treat a variety of skin concerns, including acne scars, fine lines and wrinkles, enlarged pores, uneven skin tone, stretch marks, and overall skin texture.

It is essential that you carefully read the following information prior to your appointment. Failure to follow these recommendations may increase the risk of irritation, complications, or delayed healing.

### In Preparation for your Appointment

- Avoid direct sun exposure and tanning beds for 5 to 7 days prior to treatment.
- Discontinue the use of retinoids, Retin-A, tretinoin, exfoliating acids, and harsh skincare products for 3 to 5 days before treatment.
- Avoid waxing, laser treatments, chemical peels, or other aggressive skin treatments for at least 1 week before your appointment.
- Arrive with clean skin free of makeup, lotions, oils, or self-tanner.
- Notify your practitioner of any recent illness, cold sores, skin irritation, allergies, or medication changes.
- Stay well hydrated.
- Avoid alcohol and excessive caffeine consumption for 24 hours prior to treatment.

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### During your Appointment

- The skin will be thoroughly cleansed and prepared.
- A topical anesthetic may be applied to maximize comfort.
- The microneedling treatment will be performed.
- A soothing mask may be applied following treatment.
- LED light therapy may be performed.
- A post-procedure cream or serum will be applied to protect and calm the skin.



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### After your Appointment

For the first 24 to 72 hours following treatment:

- Mild redness, tightness, warmth, and sensitivity similar to a sunburn are normal.
- Avoid wearing makeup for at least 24 hours, or as directed by your practitioner.
- Use only gentle skincare products recommended by your practitioner.
- Avoid retinol products, exfoliating acids, and exfoliants for 7 days post-treatment.
- Avoid direct sunlight, tanning beds, saunas, steam rooms, hot tubs, swimming pools, and intense exercise for at least 48 hours.
- Apply SPF 30 or higher daily once approved by your practitioner.
- Do not pick, scratch, rub, or exfoliate peeling skin.
- Keep the skin hydrated and follow all aftercare instructions provided.

Please contact your practitioner immediately if you experience severe swelling, prolonged redness, signs of infection, excessive discomfort, or any unexpected reaction.

### Expected Results

Initial improvements in skin texture and tone may be visible within 1 to 2 weeks as the skin heals. Optimal results typically develop over 4 to 6 weeks as new collagen forms. A series of 3 to 6 treatments, spaced 4 to 6 weeks apart, is generally recommended for best results. Your practitioner will advise on the ideal treatment plan for your specific concerns.

If you have any questions or concerns, please call us anytime: **514.465.1230**.

