

Microneedling

Pre Care

- Avoid blood thinners for at least 48 hours prior to your appointment, such as aspirin, ibuprofen, and alcohol.
- Stop using retinoids or retinol products at least 3-5 days prior to treatment to minimize irritation.
- Keep your skin well-hydrated leading up to your procedure to enhance healing.
- Discuss any skin conditions, medications, or concerns you may have with your provider before the treatment.

Post Care

- Gently cleanse your skin with a mild cleanser for the first few days to keep the area clean.
- Stay out of direct sunlight and use a broad-spectrum sunscreen to protect your skin.
- Use a gentle moisturizer to keep the skin hydrated.
- Avoid applying makeup and sweating for at least 48 hours post-treatment to avoid debris infecting the area.
- Do not pick at skin. Allow any scabs or flaking to fall off naturally to avoid scarring.