



## Microneedling Pre and Post Care Instructions

**Compliance with the recommended pre / post care instructions and the use of the recommended skincare products are crucial for the success of your treatment and to prevent unnecessary side effects or complications.**

### **PRE-TREATMENT:**

- Discontinue use of retinol, tretinoin, AHA, hydroquinone, benzoyl peroxide, etc., 3-5 days prior to treatment.
- Avoid cosmetic treatments, such as chemical peels, lasers, injectables, etc., at least two weeks prior to treatment.
- Avoid prolonged sun exposure 1 week prior to treatment.
- If you have active acne, active cold sores, or open lesions, your treatment may be rescheduled.
- Treatment cannot be performed within 6 months of Accutane (Isotretinoin).
- Treatment cannot be performed while pregnant or nursing.
- Antiviral medication may be necessary if you have a history of cold sores.
- Please arrive with a clean face, without any make-up or lotions on.**

### **POST-TREATMENT:**

- After treatment skin will be red/pink. **The skin can feel warm, dry, tight, irritated, and swollen.** You will look and feel sunburned for 1-3 days.
- The treated area can feel rough and may be flaky for up to a week. Allow skin to flake off naturally, do not pick or exfoliate.

### **Day 1, Immediately after treatment:**

- Avoid direct sun exposure for at least 24 hours. A wide brimmed hat is recommended.
- Apply Rescue Calming Complex to the skin as needed throughout the day. **Do not use any other products on the skin on the day of treatment.**
- On the day of treatment, do not wash face at night.
- Rescue Calming Complex or Alastin Regenerating Skin Nectar may be applied at bedtime.
- If PRP is added to the treatment do not wash face for a full 24hours.**

### **Day 2 & 3:**

- Wash face two times a day with gentle cleanser, pat dry.
- Apply Rescue Calming Complex or Alastin Regenerating Skin Nectar.
- Apply sunscreen of SPF 30 or higher.
- Apply moisturizer as needed throughout the day (i.e. Alastin Ultra Light Moisturizer, CeraVe, Cetaphil).
- Avoid sweaty exercise and sun exposure between days 1-3.

### **Day 4:**

- Avoid any exfoliating products, or medications for 1-2 weeks.
- You may resume your normal skin care regimen after the skin is no longer sensitive or peeling
- For optimal results, a series of 4-6 treatments is recommended at 4-6 week intervals.
- Call the office with any questions or concerns, or for any signs of infection (increased redness, swelling, tenderness).

### **Recommended Product Information**

**Alastin Regenerating Skin Nectar** is recommended to use 2 weeks before and 2 weeks after your procedure.

- Apply 1-2 pumps in the morning and evening.
- Prepares and strengthens the skin for treatment, enhances procedure outcomes, and supports faster recovery.



- Maximizes procedure results by supporting the skin's natural ability to clear out damaged elastin and collagen.
- **Calms post-procedure skin** and helps **reduce recovery & downtime.**
- Helps preserve your procedure results.
- Support the production of new, healthy elastin and collagen.