

MICRONEEDLING PRE & POST TREATMENT INSTRUCTIONS



Pre-Treatment Instructions:

- A complimentary consultation prior to your microneedling treatment is required.
- Notify your provider of your medical history, health status or personal activities that may be relevant to your treatment.
- Avoid sun exposure and tanning beds.
- Area to be treated must be clean prior to treatment.
- Avoid makeup, lotion or sunscreen prior to treatment.
- Refrain from chemical peels, waxing or use of chemical depilatories for at least 2 weeks before and after treatment.
- Avoid use of Retin-A / Retinol or alpha-hydroxy acid (AHA) for 1 week prior to and following treatment.
- A pre-treatment prescription will be provided for topical anesthetic. This anesthetic will be applied upon arrival prior to treatment.

Post –Care Instructions:

- Immediate results: Following your microneedling treatment, you will have some redness and may feel like you have a mild sunburn.
- Healing: Swelling and redness is normal and will subside within approximately 48 hours. Your skin may feel drier than usual.
- Cleaning: Use a gentle cleanser and tepid water to gently clean the area treated. Follow by gently drying the treated skin. Always make sure that your hands are clean when touching the treated area.
- Hydrating / Stimulating: Dr. Kim recommends daily use of Mega Moisturizer (antimicrobial moisturizer). TNS Recovery Complex should also be used to help heal the skin and reduce irritation.
- Protecting: Dr. Kim recommends use of SkinMedica sunscreen SPF 30 or higher.
- Avoid sun exposure at least 48 hours after your treatment, if possible for 1-2 weeks.
- Retinoid/ Retinol and AHA usage may be resumed 1 week following treatment.
- We recommend using make-up at least 24+ hours after the procedure. Do not apply makeup with a makeup brush, especially if it is not clean. Avoid the use of moisturizers or lotions containing active ingredients such as retinol, salicylic or glycolic acids, perfumes and colors.
- Do not go swimming for at least 24 hours post-treatment. No exercising for the first 24 hours post-treatment. Sweating and gym environments are harmful, prevalent with bacteria, and may cause adverse reactions.