

Microneedling Pre & Post Treatment Instructions

Pre-Treatment Instructions:

- Please come to your appointment hydrated and bring a sun hat.
- A complimentary consultation before your microneedling treatment is required.
- Avoid sun exposure and tanning beds.
- Area(s) to be treated must be clean before treatment.
- Avoid makeup, lotion, or sunscreen before 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 before and following treatment.
- Notify your provider if you have a history of permanent implants in treated area, skin cancer, impaired immune system, severe concurrent medical conditions, HSV, skin disorder such as abnormal wound healing or keloids, or recent surgery or treatments in the planned treatment area.

Post Treatment Instructions:

- Use Lift HG on the day of your treatment. On Day 2, use a gentle cleanser, Rescue, and physical sunscreen.
- 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 Day 2: Use a gentle cleanser and tepid water to gently clean and dry the area treated. Always make sure that your hands are clean when touching the treated area.
- Protecting: Dr. Kim recommends the use of physical sunscreen.
- 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 48+ hours after the procedure. Clean all makeup brushes and dispose of all makeup sponges. 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.
- Hydrating / Stimulating: Dr. Kim recommends daily use of our Pick Me Up Growth Factor Serum.