



## **Microneedling Treatment Pre-Care Instructions:**

To ensure the best possible results and minimize potential risks, please carefully follow these instructions before your microneedling treatment.

### **1–2 Weeks Before Treatment**

- Avoid direct sun exposure, tanning beds, and self-tanning products. Sunburned or recently tanned skin cannot be treated.
- Discontinue use of retinoids, retinol, glycolic acid, salicylic acid, and other exfoliating skincare products for at least 5–7 days prior.
- Avoid chemical peels, laser treatments, and waxing in the treatment area for 1–2 weeks before your appointment.
- Do not receive Botox, dermal fillers, or other injectables in the treatment area within 2 weeks of your session.

### **3–5 Days Before Treatment**

- Stop using blood-thinning medications or supplements (such as aspirin, ibuprofen, vitamin E, fish oil, ginkgo, garlic, or alcohol) unless prescribed by your physician.
- Avoid harsh skincare treatments, exfoliation, or aggressive scrubs.
- Ensure skin is well-hydrated—drink plenty of water and use a gentle moisturizer.

### **Day of Treatment**

- Arrive with clean skin—free of makeup, lotion, sunscreen, or perfume.
- Avoid caffeine and alcohol on the day of your appointment to reduce risk of bruising and sensitivity.
- If you are prone to cold sores, please notify your provider. An antiviral prescription may be recommended prior to treatment.
- Wear comfortable clothing and avoid jewelry around the treatment area.

**Important Notes**

- Please notify your provider if you are pregnant, breastfeeding, have active acne, open wounds, infections, or any skin conditions in the treatment area.
- Let your provider know about any medications or medical conditions that could affect healing.