

## MicroNeedling - PRE & POST PEEL INSTRUCTIONS

### PRE-Treatment Planning:

- Please discontinue use of Retin A, Retinols, Vitamin A creams and other topic medications for 3-5 days before your micro needling treatment.
- Discontinue use of the following 3-5 days before treatment: Aspirin, Anti-inflammatory such as Nurofen, Voltaren, Diclofenac, Naproxen etc., St. John Wort, Garlic, Vitamin E.
- Refrain from Vitamin E, or Fish Oil supplements that could have a thinning effect on your blood, 3-4 days prior to treatment.

### POST Treatment:

- No sunscreen OR makeup for 12 hours following treatment.
- 2 hours post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Avoid intentional and direct sunlight for 24 hours. No tanning beds.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.
- Wash the face a few hours after treatment or before bed-time. Use gentle cleanser.
- Gently massage the face with tepid water (a shower can provide an easier ability to massage the face while washing at the same time) and remove all serum and dried blood (if applicable). This will improve the appearance of the skin and also allow for better subsequent absorption of serums.  
12-72 hours post-treatment mineral makeup can be applied but continue to use a gentle cleanser, hyaluronic acid serum, and physical sunblock with an SPF of 25 or higher. If a more aggressive treatment was performed use a more occlusive balm such as Aquaphor.
- After 48 to 72 hours following treatment you can return to regular skin care regimen. Retinol products are strongly suggested to use for optimal results.  
Avoid alcohol-based toners for 10-14 days as well as excessive sun exposure for 10 days.

### Recommended # of treatments:

5-8 treatments: Acne scars and skin rejuvenation - Recommended and 4-5 weeks apart.

to 8-10 treatments: Stretch marks, keloid scars – Recommended 5-6 weeks apart. More time in between treatments is suggested due to the aggressive trauma to the skin, allowing proper recovery time to avoid over-stimulation. If scars/stretch marks are 6 months old or younger, less time in between treatments is okay.