



**GARCIA**  
↔ FACIAL PLASTIC SURGERY ↔

AN INITIAL CONSULTATION MUST BE PERFORMED BY THE PROVIDER PRIOR TO SCHEDULING AN APPOINTMENT FOR MICRONEEDLING.

**Pre-treatment Reminders:**

- Discontinue AHA's, Retinol, or Vitamin A topicals 72 hours.
- Avoid sun exposure and self-tanning products.
- If prone to cold sores, ask about treating prophylactically with antiviral medication.

**Immediately following treatment:**

- Only use approved post-microneedling products.
- Apply SkinFuse for the first 24 hours given by your provider as needed to help prevent drying out.
- Avoid makeup and sunscreen for 24 hours.
- No strenuous exercise or sweating for 72 hours.
- Avoid swimming, Jacuzzis, and saunas for 24 hours.

**In the Following Days:**

- Skin may be red/pink and inflamed for up to 24-48 hours. (A small percentage of people can hold onto redness for up to 4 days.)
- Stay hydrated and avoid excessive heat.
- Be sure to hydrate your skin daily.