



## MICRONEEDLING INSTRUCTIONS

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

### **Pre-Treatment:**

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

### **Immediately Post-Treatment:**

- ONLY use approved post-microneedling products.
- Apply SkinFuse for the first 24 hours, given by your provider, as needed to help prevent dryness.
- 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:**

- You can expect skin to 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.
- Hydrate your skin daily.