Microneedling Pre-Treatment Instructions

Preparing the skin for microneedling will ensure optimal results. Healthy skin will respond better and results will last longer. Skin cells need nutrients and hydration in order to function optimally. Make sure to drink plenty of water leading up to, and after your treatment. Make sure to eat a healthy, balanced diet that consists of lots of vegetables and fruits, lean meats, legumes, seeds, and whole grains. Try to steer clear of processed and pre-packaged foods, as they are loaded with lots of chemicals, preservatives and are usually high in sodium and sugar. Get at least 7 hours of sleep a night. Moderate exercise a few times a week helps the body to process food and move out toxins.

Schedule your appointment for a time when you will not be engaging in exercise, and when you can avoid makeup and exposure to the sun for at least 48 hours after microneedling.

What to AVOID pre-treatment

6 Months Prior

- Accutane, or any other acne medication that contains isotretinoin, need to be stopped at least 6 months prior.

4 Weeks Prior

- Stop any fillers at least 4 weeks before getting microneedling, as it can affect how these products work.

2 Weeks Prior

- Stop Botox injections at least 2 weeks before treatment, as microneedling can affect how Botox works.

5-7 Days Prior

- Avoid IPL/Laser treatments 7 days prior to treatment.
- Avoid prolonged sun exposure, tanning bed exposure, or sunburns for at least 7 days prior to treatment.
- Do not use topical agents that may increase sensitivity of skin: retinoids, topical antibiotics, exfoliants, acids that may be drying or irritating to the skin (such as alpha hydroxyl acid (AHA) beta hydroxyl acids (BHA), exfoliating masks, salicylic acids, hydroquinone, and benzoyl peroxide acne products) 5-7 days prior to treatment.
- No waxing, depilatory creams, or electrolysis in the area being treated 5-7 days prior to treatment.

3 Days Prior

- Avoid taking any anti-inflammatory medications (ex. aspirin, ibuprofen) as this can interfere with the inflammatory process that is important for your skin's rejuvenation after treatment.
- Avoid drinking alcohol, taking Vitamin E or fish oil supplements to help minimize bleeding.
- Avoid tobacco products, which drastically impedes your skin's healing process, including cigarettes, chewing tobacco, most e-liquids and smoking cessation tools, nicotine gum and patches.
- Do not shave the area to be treated on the day of treatment.

Microneedling is not appropriate for those who are experiencing the following:

- Use of Accutane, or any other acne medication that contains isotretinoin, within the last 6 months
- Pregnancy or those who are nursing (nano-needling is a safe alternative)
- Active acne, warts, or cold sores
- Scars less than six months old
- Moderate to severe psoriasis or eczema
- Extreme keloid tendency or keloid scarring
- Open wounds, or active bacterial or fungal infections in the area(s) being treated
- Those undergoing chemotherapy or radiation
- Scleroderma
- Blood dyscrasia, blood clotting disorders, or patients taking blood thinners
- Collagen vascular disease
- Cardiac abnormalities
- Rosacea
- Facial cancer (past or present)
- Actinic keratosis
- Dermatological diseases affecting the face (ex. Porphyria)