



Pre-Care Instructions: Microneedling

Before the Procedure:

- **Avoid sun exposure** for at least two weeks prior. Use SPF 30+ sunscreen if going outside.
- **Discontinue certain skincare products** like retinoids, salicylic acid, glycolic acid, and other exfoliants at least 24 hours before treatment.
- **Avoid alcohol and caffeine** to minimize redness and swelling.
- **Inform your practitioner** about any medical conditions or medications.
- **Wash your face** with a gentle cleanser to remove dirt, oil, and makeup.
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- **Optional:** Apply a numbing cream 30 minutes before the procedure.

On the Day of the Procedure:

- Arrive on time and wear comfortable clothing.
- Bring a hat or sunglasses for sun protection after treatment.
- Avoid smoking before the procedure.
- Bring a gentle moisturizer; medical-grade skincare products are available upon request.

Additional Tips:

- Exfoliate a few days before treatment to remove dead skin cells.
- Stay hydrated and maintain a healthy diet.
- Avoid touching or scratching the face post-treatment.
- Consider taking an antihistamine (Zyrtec or Claritin) to reduce redness and swelling.