



Pre and Post Micro-needling Instructions

Before treatment:

- STOP retinoids such as Tretinoin, Renova, Differin, Tazorac, glycolic acids, or other exfoliants one week prior to treatment.
- DO Inform your clinician if you have any concerning skin conditions such as, but not limited to, psoriasis, cystic or inflammatory acne or cold sores.
- If you have an active cold sore you may want to postpone treatment. If you are prone to developing cold sores, contact our office at (206) 229-0086 and we will discuss the options
- Do Avoid direct sun exposure and always use sun protection for at least 3 days before treatment.

After treatment:

- Some patients have a mild sunburn sensation that typically resolves in a few hours. Skin redness, mild swelling or less commonly, bruising, can occur and will resolve.
- You may cleanse the treated area 12 hours after treatment.
- Do not exercise for 48 hours post treatment.
- It is CRUCIAL to avoid sun exposure and self-tanner between treatments. Use a broad spectrum(UVA/UVB) sunscreen SPF 30 or greater on the treatment area at all times. It should be reapplied every 2 hours if outside. Wear a hat if possible.
- Moisturizers and makeup may be used after 48hrs if the skin is not broken. If skin is broken, apply antibiotic ointment and contact our office.
- Some patients may experience flaking 3-5 days post treatment. If this occurs do not pull or pick flaking skin and continue using gentle cleanser a moisturizer until flaking resolves.

After 7 days:

- Retinol can be resumed and should be applied around the frame of the face and blended inward.
- Only use these approved products as directed to decrease your risk of infection. Do not use any products not listed in these instructions for the entire 7 days. You should always wear an SPF of 15 or greater when exposed to any sunlight. Do not touch your face. Clean hands thoroughly
- While you may see visible results after the first treatment, lasting and more significant results will be seen after 4-6 treatments spaced 6-8 weeks apart, supplemented by a recommended skin care regimen.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance. A physician can always be reached after hours for urgent issues.