



## Recommended Pre & Post Care for MicroNeedling Treatments

*For best results please follow these instructions.*

### Before your treatment:

- Do not wear makeup the day of treatment.
- Review the Bruise Prevention Protocol and information regarding blood thinning medications and supplements on our website at SWCWC.net, select *Aesthetics*, then *Pre & Post Instructions*.
- Stop using “active products” including: Tretinoin, Retin-A, Renova, Differin, Tazorac, retinol, and exfoliating products that may irritate the skin, including benzoyl peroxide, glycolic/salicylic acids and astringents for at least 1 week prior to treatment.
- Do not use home needling rollers during the treatment period. This increases the risk of infection.
- No sun tanning or self-tanners two weeks before treatment.
- No chemical peels, waxing, dermal fillers, etc. for 2 weeks prior to treatment.
- History of cold sores or herpes may require an anti-viral prescription prior to treatment.
- Notify your technician of any changes to your health history or medication prior to your treatment.

### After your treatment:

- Redness, similar to a sunburn, and mild swelling may last up to 48 hours post treatment.
- Light peeling usually occurs a few days after treatment. This normally resolves after one to two days, or more if additional treatments are combined with microneedling.
- Avoid sun exposure and use a broad-spectrum (UVA/UVB) sunscreen with SPF 45 or greater to minimize the risk of hyperpigmentation in the treated areas. (Appropriate sunscreen products are available for purchase at our office.)
- Do not apply makeup, other than mineral, to the treated areas for 48 hours.
- Discontinue use of active products for up to 2 weeks after treatment, including Tretinoin, Retin-A, Renova, Differin, Tazorac, retinol, and exfoliating products that may irritate the skin, including benzoyl peroxide, glycolic/salicylic acids and astringents.
- Discontinue using Clarisonic and other cleansing brushes for at least 1 week.
- Avoid products containing artificial colors, perfumes, emollients, or propylene glycol.
- Using products containing hyaluronic acid and copper peptides can aid in healing. (These products are available for purchase at our office.)
- Several treatments are necessary for collagen remodeling. It may take up to 3 months after treatments for full effect.

Treatment is not recommended if you are pregnant, you have scars less than 6 months old or if you had facial fillers in the past 2-4 weeks. You are not a candidate for this treatment if you have: a history of scleroderma, collagen vascular diseases or cardiac abnormalities, or if you have blood clotting problems, an active infection or immune suppression.

You should advise your technician and discuss whether treatment is appropriate at this time if you have a history of rosacea, eczema, psoriasis, actinic keratosis, keloid or raised scarring, herpes simplex or cold sores; if you have raised moles, warts or lesions in the treatment area; if you are being treated for skin cancer; if you are taking blood thinning medication; or if you have diabetes or other chronic medical conditions.

Please call the office immediately at **(480) 785-2100** if you experience intense pain, drainage, severe redness, swelling or fever, increased itching, the appearance of a cold sore, blister or a tingling sensation, or if at any time you feel that you are not healing normally.

Additional instructions: \_\_\_\_\_