

Microneedling pre & post

One Week Prior to Treatment

- Discontinue any exfoliating topical products or treatments, products such as Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A and scrubs.
- Stop treatments such as microdermabrasion and laser, injectables such as botox or filler.

Three Days Prior to Treatment:

- No prolonged sun exposure, to the area being treated, treatment will not be administered on sunburned skin.

Day of Treatment:

- Shower as usual-Do not apply any lotion, powder, oils or other products to treatment areas
- If face/neck being treated, cleanse your face/neck and do not apply makeup
- If you have long hair bring a hair band to pull it back
- If numbing at home, apply numbing. If numbing in the office, arrive at least 60 mins before your scheduled appointment.

What Can Be Expected?

- Immediately after your treatment, you will look and feel like you have a moderate sunburn
- Skin may feel warm and tighter than usual
- Skin may feel rough or like 'sandpaper' and may lightly exfoliate for 3-7 days after treatment

After Treatment:

CLEAN – Use a gentle cleanser or face wash with lukewarm water to cleanse the face and gently pat dry. No physical or chemical exfoliation products should be used.

HYDRATE – Use a gentle moisturizer 2x per day on the treatment area for 1 week. Your provider may also recommend a product to use in conjunction with your moisturizer that should be applied first.

MAKEUP – Can be applied 48 hours after the treatment. Clean makeup brushes prior to using.

PROTECT – At 24 hours after the procedure, you should apply a physical broad spectrum UVA/UVB sunscreen (Zinc/Titanium Dioxide) when outside.

Avoid exercise or excessive sweating for the first 24-48 hours after your procedure.

**Exfoliating products such as Retinols, AHA, BHA or scrubs can be started again after 1 week. If you have questions or concerns, please contact our office at 610-519-0600 or after hours text Dionna at 646-402-3585.