



## Microneedling Treatment Guidelines

### PRE-TREATMENT GUIDELINES

- Avoid sun exposure for at least two weeks prior to treatment. This includes tanning beds and sunless tanning products.
- Avoid topical agents that may increase sensitivity of the skin for one week prior to treatment. This includes retinol/tretinoin and hydroquinone products.
- If you are prone to cold sores, please notify clinician. You may be given a prescription for Valtrex (antiviral) to be taken prior to treatment.
- If you have had another treatment such as a chemical peel, IPL, hair removal, electrolysis, microblading, or filler in the 14 days prior to treatment please notify clinician.

**Optional:** Preparing the skin before microneedling treatment will ensure optimum results! Alastin Regenerating Skin Nectar is used to support and strengthen the skin and enhance treatment outcomes. The Alastin Nectar uses Trihex technology to clear out damaged elastin and collagen and supports the production of new, healthy elastin and collagen in conjunction with the microneedling treatment. This can be purchased in office and should be used two weeks prior and two weeks post treatment.

### DAY OF YOUR TREATMENT

- Please arrive without creams, oils, serums, makeup, or sunscreen on the treatment area.
- Pre-treatment photos will be taken if not already taken during your consultation.
- A topical numbing crème will be applied for 20-25 minutes prior to treatment.

### WHAT TO EXPECT

- Immediately after the treatment, the skin will be red and may be sensitive. It is normal for the area to feel like a mild sunburn. You may experience some dry or flaking skin about 3-5 days following treatment; this is due to new cell turn over. It is important to avoid exfoliating the skin during this time. To keep skin properly moisturized and hydrated, please follow the post care guidelines. A copy of the guidelines will be given to you at the time of your appointment and can be found on our website. To protect your skin, please avoid swimming pools, saunas, and strenuous work outs. After 72 hours have passed you may resume these activities.