



Microneedling Pre-Care

- If you have a special event or vacation coming up, please keep in mind that you should schedule your treatment at least 2 weeks in advance.
- If you have a history of cold sores, we recommend you are pretreated with acyclovir prior to your treatment. Please let us know if you need a prescription called into your pharmacy.
- Avoid alcohol and cigarettes 24-48 hours before and after your treatment, as these may contribute to increased swelling, bruising, and irritation. Limit caffeine intake.
- It is not recommended to do microneedling if you are pregnant or breastfeeding.
- If you develop a cold/flu, cold sore, blemish or rash, etc. in the area to be treated prior to your appointment, we recommend you reschedule your appointment until it resolves.
- We highly recommend a topical vitamin C and A (retinol) to promote skin health. Stop these 5 days prior to microneedling. Resume after skin is healed.
- We recommend waiting at least 2 weeks before and after your micro needling to have any other cosmetic facial treatments, including Botox, dermal filler, laser, ultrasound, peel, facials, microdermabrasion, etc.
- Schedule your next microneedling treatment in 4-6 weeks after your first one. Multiple sessions yield the best results.
- Please come to your appointment with NO makeup on AND your hair pulled back with a headband.

Arrive at the clinic one hour prior to treatment for numbing.
