

MICRONEEDLING

POST CARE

- Anti-inflammatory medications (such as Benadryl) may be taken before bed the evening after treatment.
Exfoliating face washes and products such as scrubs, Clarisonic, retinol, Alpha Hydroxy Acids (Glycolic, Lactic, Malic Acid, Salicylic), enzyme Peels, or microdermabrasion for 10-14 days post-procedure.
- Lightening products (such as Lytera 2.0, vitamin C) may be worked into your skincare regime 5 days post-treatment



- Exercise for 24 – 48 hours
- Makeup for 24 hours.
- For male patients, we recommend not to shave for a week after treatment.

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PRE CARE

STOP hydroquinone, retinol, and exfoliating acids at least 3 days prior to treatment.

If you suffer from cold sores/fever blister, take Valtrex 3 days prior to treatment to prevent an outbreak. Please reach out to your provider if you need this prescribed for you.

Please come to your appointment with no make-up or skincare on.