



Microneedling Pre-treatment Guidelines:

- Do not use topical agents that may increase your skin's sensitivity such as **retinoids, exfoliants, topical antibiotics, or hydroxy acids 5-7 days** prior to the treatment.
- Avoid **IPL/Laser procedures** for at least **2 weeks** prior to the service.
- No **waxing, depilatory creams, or electrolysis** to the area being treated for **5 days** prior.
- Avoid unprotected **sun exposure** or **sunburn** at least **1 week** before treatment.
- **Do not shave** the face the **day of** the procedure to avoid skin irritation.
- Keep makeup to a minimum day of the treatment if possible and do not experiment with new products before the treatment.
- Avoid **alcohol** and **caffeine 24-48 hours** before the treatment.
- Wait **14 days** after administration of **neurotoxin** and **28 days** after administration of **dermal fillers**.

Microneedling Contraindications:

- Pregnancy
- Keloid or hypertrophic scarring
- History of eczema, psoriasis and other chronic conditions
- History of actinic (solar) keratosis
- History of herpes simplex infections/cold sores
- History of diabetes
- Presence of raised moles, warts or any raised lesions on the targeted area
- Isotretinoin (sometimes marketed as **Accutane**) taken within the last **6-12 months**
- **Excessive sun exposure** within the last **24 hours**
- Open wounds, rashes or infections in the treatment area
- Metal allergies
- Diabetic
- Hemophiliac
- Facelift or eyelid lift within the previous year
- **Laser resurfacing** or other major resurfacing within the last **3 months**
- **Chemical** or **mechanical peeling** within the last **1-2 weeks**, or impaired barrier.