



Micro-needling Pre/Post-Care Instructions

Preparation

Inform your provider if you have a history of cold sores or/if you are receiving antiviral/or antibiotic therapy prior to treatment. Avoid all blood thinners including alcohol, Advil, aspirin, aleve, omega 3, fish oil, vitamin E, ginkgo, St. John's Wort and garlic to avoid bruising.

Day of Treatment

Side effects and risks are minimal with this type of treatment and typically include minor flaking or dryness of the skin. Minimal or mild scab formation can happen in rare circumstances. Redness is normal and may last for up to 7 days.

Do

- Use warm water to cleanse the face for the first 48 hours following your treatment remembering to pat the area dry (without rubbing).
- Ensure your hands are clean to avoid any infections.
- Apply physical sunscreen for first 24 hours if needed (no chemical sunscreens for 24 hours).
- Apply home use of Hyaluronic acid serums, peptides, and hydrating creams for relief of dry and tight skin.

Don't

- Apply makeup products for the first 12-24 hours following treatment.
- Avoid direct sun exposure for 14 days.
- Don't overuse topical creams or serums as it can result in further drying/or irritation of the skin.
- Avoid alcohol-based toners or strong retinol for 10-14 days.

On-call medical team can be reached anytime at 403-763-3464. For non-emergency calls please call the clinic at 403-475-4025.