

What To Do And Not To Do Before And After Microneedling

It is important to understand this treatment is aimed at bringing moisture and hydration to your skin. What you do before and after can affect the end results.

Avoid alcohol! Alcohol is a diuretic and has dehydrating properties. Being dehydrated will slow your skin's healing process drastically.

Avoid tobacco products, which will drastically impede your skin's healing process, include cigarettes, chewing tobacco, most e-liquids and smoking cessation tools, like nicotine gum and patches.

Avoid NSAIDS the week prior to your treatment due to higher risk of bruising. To mitigate the risk of bruising after your treatment, if you feel pain, soreness or discomfort, take acetaminophen.

**Other drugs or nutritional supplements may cause the blood-thinning such nutritional supplements as vitamin E, fish oil, turmeric and ginger.*

Try and drink the recommended 8 glasses of water a day, the week prior to and after your treatment.

Aftercare Tips

As a general rule, you should reach for sunscreen constantly for the first 2 weeks after microneedling. Make sure to apply sunscreen anytime you go outside in the days following your treatment.

1. Don't spend prolonged time out in the sun for the first week after your microneedling procedure, as you'll be more prone to sun damage than usual.
2. Wash your hands before you touch your face.
3. Don't put on makeup on in the 24 hours following microneedling. Especially with a makeup brush that has been used before. Mineral make up is suggested.
4. You'll also need to avoid swimming pools, saunas, and situations where you might sweat heavily, including intense workouts at the gym, to protect your newly treated skin. After 72 hours have passed, you may be able to resume these activities.

Picking Your Skin

Avoid picking your skin in the week following your treatment. Your skin may look dry and start to peel. You may be tempted to pick at the peeling skin, this should not be done, allow your skin to naturally peel. It will slow the healing process and lead to a skin infection or acne outbreak.

Over-Moisturizing Your Skin

Just as you should avoid picking your skin so it can peel naturally, you should also avoid over-moisturizing your skin during the peeling process. Over-moisturizing will take longer to naturally peel resulting in a longer period in which you see the final results treatment.

On the flip side, your skin should not be dehydrated, either. We recommend moisturizing your face in the morning so your face feels comfortable and hydrated all day. If you have naturally dry skin, you should moisturize your skin twice daily using gentle moisturizers that won't irritate your skin.

Sweating

Do your best to avoid sweating during the first three days following your treatment session. Avoid steam-ing-hot showers or baths, jacuzzis, saunas and steam rooms. Do not engage in strenuous exercises, such as heavy weight lifting, swimming, intense spinning ect.

Cosmetics

If you can't go a week without wearing makeup, try to go without wearing makeup until your skin starts to peel. Once your skin starts to peel, it is okay to wear mineral makeup. Once your skin finishes peeling, you may resume wearing your favorite cosmetics. 24-48 hrs at minimum.

Sleeping On Your Stomach Or Side

You should avoid sleeping on your stomach or side for the first week after your treatment.

Ice

You should not apply ice to the treatment area or use it near the treatment area. Ice will impede the natural inflammatory process that your skin needs for healing. For the same reason, you should avoid herbal supplements used to fight inflammation, such as arnica supplements and bromelain (derived from pineapples). You should also avoid drinking pineapple juice and eating pineapples during the first week after treatment so you don't consume too much bromelain.

Accutane And Other Drugs And Supplements

Accutane is one of the most common acne medications on the market. You should not take Accutane within six months of starting treatment. You should also avoid other medications, such as most other topical acne medications that include retinoids.

Certain Hair Removal Methods

Shaving the treatment area in the week before your treatment is okay. However, other alternative hair removal methods, such as electrolysis, hair removal creams, laser hair removal or waxing. Such hair removal methods increase skin sensitivity. Plan to not use such hair removal methods until eight days after your session.

Furthermore, you should avoid shaving the treatment area on the day of your session. Whether you shave the night before your session is up to you, however shaving on the day of your treatment may cause skin irritation. If you choose to shave the treatment area the night before your session, make sure the blades of your razor are sharp, you use shaving cream and you moisturize your skin afterward. You don't want skin irritation the day of your session.

Heat-Based Cosmetic Treatments And Others

For two weeks leading up to your treatment session, avoid receiving cosmetic treatments that will irritate your skin.

Treatments that increase skin sensitivity include IPL (intense pulsed light) therapy and laser treatments. During your initial consultation, we will provide you with a comprehensive list of treatments that you should avoid in the 14 days leading up to your first session and the first seven days following your sessions.

Other cosmetic treatments you should avoid include physical exfoliation, which may irritate your skin prior to treatment, and chemical peels. You should avoid chemical peels in the two weeks leading up to your treatment because chemical peels irritate your skin and often include vitamin A derivatives.

UV Damage

Avoid UV damage in the week leading up to your treatment is recommended. Avoiding tanning beds and mitigating your risk of sunburn by wearing at least a SPF 30 broad-spectrum sunscreen that has not expired and reapplying it every four hours.

Cold Sores

If you have a history of cold sores, take an antiviral 48 hours prior to your treatment and the day of your session. If you forget to take an antiviral two days before your session and you have a cold sore at the treatment site on the day of your session, you will have to reschedule your appointment. There is also a chance of a breakout if there's one ready to erupt so if you feel one we should be notified of the possibility and possibly stay away from lips or lip line at the very least.

Makeup And Other Cosmetics

On the day of your treatment, do not apply any makeup, lotion or sunscreen to the treatment area. If you are targeting your body, wash with a gentle soap that will not irritate your skin.