

# Post Treatment Instructions – Microneedling & Micro Infusion

Skin areas that have been treated may appear red or irritated for a couple days, which is a normal part of the healing process. Your provider will guide you when to resume make-up, perfume, cologne, sunscreen, and skin products.

Many patients may return to work the next day. The post-treatment redness gradually fades with time, leaving the skin fresher. After the skin has healed, the routine use of sunscreen is recommended to protect your skin from damaging ultraviolet rays.

Maximize your cosmetic results after microneedling and micro infusion procedures by following these basic post-treatment instructions. Please contact the office with any questions.

## Pre-treatment instructions

- tretinoin ointment (ex. Retin-A)
  - Start at least 4 weeks prior to the treatment
    - Apply as thin film over entire face, every night after washing your face
  - Discontinue the day *before* the treatment. Don't resume until further notice.
- valacyclovir tablet (ex. Valtrex)
  - Start 1 day prior to the treatment if you have a history of cold sores

## Morning of treatment

- May shave, gently along the grain
- May clean face, use very mild soaps
- No waxing
- No makeup or sunscreen
- No perfume or cologne
- No jewelry

## Post-treatment instructions

Your skin is sensitive and vulnerable after treatment, especially the first week after your needling.

- Keep the treated skin moist *continuously* with plain petrolatum (ex. Vaseline)
- Do NOT apply any lotions, creams, or ointments other than plain Vaseline and sunscreen
- Avoid sun exposure
- No shaving
- No waxing
- No perfume, cologne, or make-up
- No hair treatments or perms
- Sleep with your head elevated for a couple of days, to help reduce any facial swelling
- Do not pick or scratch your face or peel any scabs
- Avoid any other facial treatments, including waxing and microdermabrasion.

You may shower and wash your face the first day *after* needling. Use lukewarm or cool water. Do not soak or scrub your face, and only use very mild soaps. Only use clean towels and hands when touching your face. Gently pat your skin dry - *do not rub*. Reapply plain petrolatum (ex. Vaseline).