

FACIAL AESTHETICS

Microneedling

BEFORE YOUR APPOINTMENT

- Avoid sun exposure and tanning for at least 48 hours to one week before treatment. Treatment cannot be performed on sunburned skin.
- Stop all active skincare ingredients — retinol, salicylic acid, benzoyl peroxide, glycolic acid, and similar — for one week prior.
- No Botox or dermal fillers within 14 days before your appointment.
- Skip waxing, chemical peels, and laser treatments for two weeks beforehand.
- Tell us if you take blood thinners or aspirin, or bruise easily. Never stop a prescribed medication without asking your physician first.
- If you get cold sores, let us know — an antiviral may be prescribed.
- Wait six months after finishing oral isotretinoin (Accutane).
- Arrive with clean skin — no makeup, lotion, sunscreen, or perfume. Topical numbing is applied in office roughly 30–45 minutes before treatment.
- Reschedule if you have an active breakout, open lesion, or irritated skin in the treatment area.

AFTER YOUR TREATMENT

Right After

Expect to look as though you have a moderate sunburn — redness, warmth, and mild swelling. This is the normal inflammatory response that drives collagen production.

First 24 Hours

Do not wash your face until the following morning. Use only the products we provide or recommend. Sleep on a clean pillowcase — the goal is keeping the skin free of anything that could settle into the micro-channels. Keep face moist with any thermal water face mist.

Sun & Sunscreen

Strictly avoid sun exposure on day one, since you won't be wearing sunscreen. Resume sunscreen the following day and minimize sun exposure for a week.

Exercise & Heat

No strenuous exercise, sweating, saunas, steam rooms, or hot tubs for 72 hours. Excess blood flow and sweat irritate compromised skin.

Peeling

Minor redness and swelling last one to two days. Light flaking and dryness can continue up to two weeks. Do not pick at flaking skin and do not use exfoliants.

Makeup

Mineral makeup only, and not before day two. Avoid regular foundation until the skin has settled.

Resuming Products

Return to your regular routine — including retinol and other active ingredients — only once the skin is no longer irritated, usually around day five to seven.

Results & Series

Gradual improvement appears over the following week and continues as cell turnover progresses. Most patients need a series of three to six treatments spaced four to six weeks apart, then periodic maintenance.

Call Us If

Redness or swelling worsens after day two, you develop itching or burning that doesn't settle, or you see any yellow crusting or signs of infection.

These are general guidelines. Any instructions given to you for your specific treatment always take priority. If something doesn't feel right — severe or increasing pain, bleeding that won't stop, fever, spreading redness, or a reaction to medication — call us at (407) 678-1400.