



Before & After Microneedling Instructions

Before

- If you have frequent cold sores, you may be prescribed Valtrex to take starting one day prior to your procedure.
- Discontinue retinol or tretinoin at least 3 days prior to treatment.
- Please arrive without makeup or moisturizer on your face.
- If being treated for hair loss, please wear your hair as short as possible. Do not apply sprays, gels or hair product.
- If you are being treated with PRP, drink an extra 2-3 glasses of water daily for several days prior to treatment.

After

- For the first several hours after the procedure, apply any remaining serum to face every 10 minutes.
- After 4 hours, a non-allergenic, non-comedogenic moisturizing cream can be applied to the treated areas 2-3 times daily.
- A physical blocker sunscreen (Zinc oxide or titanium dioxide) should be worn daily.
- **Makeup should not be worn within 48 hours of the procedure. Makeup use can resume after 4h hours.**
- Active skin treatments (e.g. retinol, tretinoin, acne medications etc...) can be resumed when all traces of redness have resolved, typically 4-7 days after the procedure.