



## *Pre-Microneedling Instructions/Preparation*

- Patient has not been on Accutane for the past 6 months (No Exceptions)
  - No autoimmune therapies or products 12 hours prior to your treatment.
  - Avoid Retin-A products (retinoids), topical antibiotics, hydroquinone, and benzoyl peroxide 3 days prior to treatment.
  - No acids or skin exfoliants, 24 hours before the treatment that might dry or irritate the skin. (Alpha hydroxy acid – AHA) or (Beta hydroxyl acids – BHA)
  - No prolonged sun exposure to the area that will be treated, 24 hours prior to your treatment. (Microneedling should not be administered on sunburned skin)
  - No IPL/Laser procedures for 7 days prior to microneedling.
  - No waxing, depilatory creams or electrolysis 7 days prior to the procedure.
  - No shaving the day of the procedure
  - On the day of the treatment, the patient should keep their face clean and do not apply makeup if possible.
  - Antiviral agent for 2 days prior to and day of treatment if history of cold sores.
  - If an active or extreme breakout occur before treatment. Patient can be treated and the infected area must be avoided or the procedure should be rescheduled.
  - Avoid excessive Alcohol, Aspirin, NSAIDs (ibuprofen, Aleve) Garlic, Gingko Biloba, Fish Oils and Vitamin E for 5-7 days prior to your treatment unless recommended by the patient's physician. This may help to decrease the risk of bruising during the treatment but is not contraindicated.
- Have any questions??? Contact me at [MorganMerrillBeauty@gmail.com](mailto:MorganMerrillBeauty@gmail.com)*