



Microneedling Pre-Procedure Instructions & Precautions

- Avoid sun exposure/burns twenty-four (24) hours prior to treatment.
- Discontinue use of retinoids twelve (12) hours prior to treatment.
- You should not have an active breakout, active cold sores, or open lesions. If this occurs, your microneedling treatment should be rescheduled.
- Allow at least (twelve) 12 hours after autoimmune therapies before having a microneedling treatment.
- Wait six (6) months following isotretinoin (Accutane) use.
- Skin types Fitzpatrick IV-VI, pigment may darken prior to lightening.
- Wait at least:
 - Forty-eight (48) hours before or after Botox treatment to have a microneedling treatment.
 - One (1) week before or after any fillers such as Juvederm, Restylane, etc.
 - One (1) month before or after laser treatments such as IPL, VBeam, etc. or chemical peels such as Vitalize, Rejuvenize, etc. or Microdermabrasion Treatments

Post-Procedure Instructions & Precautions

- Only use the Rescue Calming Complex and the Lift HA Serum for the next twenty-four (24) hours. Do not use any other skincare products (cleansers, moisturizers, or sunblocks).
 - Days 2 through 4 post procedure Use a gentle cleanser and a zinc oxide sunblock as well as continue using the Rescue Calming Complex and the Lift HA Serum.
 - Avoid exercise for three (3) days following the procedure.
 - No sun exposure for three (3) days.
- Day 1 - Mild to moderate redness and swelling, similar to a sunburn. No sunscreen or makeup.
- Day 2 - Some persistent redness and swelling may be present. May apply sunscreen and makeup.
- Day 3 - Most redness, bruising, and swelling almost gone. Day 4 - Return to normal appearance without makeup.

