



SEI TU BELLA  
AESTHETICS

REGENERATIVE  
MEDICINE

## MICRONEEDLING PRE / POST INSTRUCTIONS

- Avoid sun exposure/burns twenty-four 48 hours prior to treatment.
- Discontinue the use of retinoids 48 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.
- Some skin types may darken prior to lightening.

### **Wait at least:**

- Forty-eight (48) hours before or after Botox treatment to have a micro-needling 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 & Precaution**

- Only use the Rescue Calming Complex 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.
- Avoid exercise for three (3) days following the procedure.
- No sun exposure for three (3) days.

**What to expect**

**Day 1** – Mild to moderate redness and swelling, similar to a sunburn. No sunscreen or makeup as the channels are open and we need time for them to close.

**Day 2** – Some persistent redness and swelling may be present. May apply sunscreen and makeup.

**Day 3** – Most redness, bruising, and swelling are almost gone.

**Day 4** – Return to normal appearance without makeup.