



212.366.4787 | www.beautyfixmedspa.com

DSE PEEL + MICRONEEDLING PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

At least **1 week** prior to your treatment, avoid electrolysis, waxing, depilatory creams and/or laser hair removal in the area to be treated.

Discontinue use of any products containing retinol, alpha-hydroxy acid (AHA) or beta-hydroxy acid (BHA), or benzoyl peroxide, as well as any other exfoliating products that may be drying at least **3 days** prior to treatment.

Avoid Accutane in the **6 months** prior to beginning your treatment sessions.

Avoid taking anti-inflammatory medications such as ibuprofen, Motrin, or Advil for at least **3 days** prior to your microneedling session. These will interfere with the natural inflammatory process that is critical for your skin rejuvenation.

Do not shave the day of the procedure to avoid skin irritation. If there is dense hair present in the treatment area, shave the day before you arrive for your appointment.

If you're prone to cold sores, take an antiviral for **2 days** prior to and the day of the treatment.

You should also avoid blood thinning agents for **1 week** prior as bruising is a common side effect of microneedling.

POST-TREATMENT INSTRUCTIONS

Your skin may experience some peeling, redness, tightness, and dehydration after treatment.

The degree of peeling may vary from no visible peeling, mild flaking, to skin peeling in sheets depending on the individual's skin type, skin condition and specific peel at the time of treatment.

Do not pull, rub, scrub or peel the skin as this can cause scarring or hyperpigmentation. Avoid abrasive facial cleansers or facial scrubs for at least **10 days**.

Do not use any product containing Retin-A, Tretinoin, Renova, Differin (Adapalene), Tazorac, alpha-hydroxy acids (AHA, glycolic acid, lactic acid), benzoyl peroxide or beta hydroxy acid (BHA, salicylic acid), mint, spearmint or spiced-based products for at least **1 week**.



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Strenuous exercise should be avoided for at least **2 days** post-treatment.

Makeup can be applied **2 days** post-treatment.

After treatment, do not take any anti-inflammatory medications for **1 week**.

Do not use ice on your face, and avoid using Arnica/Bromelain.

Avoid sun tanning and prolonged exposure to direct sunlight for at least **2 weeks**. After **24 hours**, always use SPF 30 or higher.

Tylenol can be taken for soreness.

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at customercare@beautyfixmedspa.com with your concerns.