



212.366.4787 | www.beautyfixmedspa.com

MICRONEEDLING PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

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

Do not use topical agents that may increase the sensitivity of your skin such as retinoids, exfoliants, topical antibiotics or acids **5-7 days** prior to your treatment.

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.

Avoid IPL/Laser procedures, unprotected sun exposure, or sunburn for at least **2 weeks** prior to your procedure.

No waxing, depilatory creams, or electrolysis to the area being treated for **5-7 days** prior.

Do not shave **the day of** the procedure to avoid skin irritation. If there's 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.

WHAT TO EXPECT DURING TREATMENT

Your skin should be clean and free of lotion, oil, makeup, powder, or sunscreen.

About **30-45 minutes** prior to your treatment, topical lidocaine will be applied to your skin for numbing.

POST-TREATMENT INSTRUCTIONS

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

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



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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.