



Skin Stylus Microneedling Pre and Post Instructions

PRE-CARE

- No sun exposure to treated area **4 weeks prior to treatment**. Stop all self-tanning products.
- Begin Alastin Nectar am and pm **2 weeks prior to treatment**. Apply first, followed by your normal skin care routine.
- Discontinue Retinols and any cleansers, creams or serums containing acids such as salicylic, glycolic, AHA, or lactic acid products **2 weeks prior to treatment**. Avoid treatments that may irritate the skin **1 week prior to treatment**, such as waxing.
- No Botox and Filler **2 weeks prior to treatment**.
- Do not take Aspirin, Ibuprofen, Aleve or Fish Oil **3 days prior to treatment**.
- If you feel you are coming down with a cold or illness or have active cold sore, skin inflammation or infection, your treatment should be rescheduled.
- If you have a history of cold sores, please advise your provider prior to treatment as an antiviral can be taken prophylactically.
- If possible, arrive at the office with a clean face.

POST-CARE

- Continue to apply Alastin Nectar morning and night followed by Cicalfate. Use Nectar **for 2 weeks** and Cicalfate **up to 5 days as needed**. * For subsequent treatments, Nectar will only be used post procedure.
- Do not apply makeup to treated area for 24 - 48 hours.
- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen daily for a minimum of 3 months post Microneedling series. It is best to use a physical sunscreen (mineral-zinc) rather than a chemical sunscreen while you are healing.
- Avoid heat- hot tubs, saunas, etc. for 1-2 days.
- Avoid skin irritants **for 7 days after treatment**. Products containing tretinoin, retinol, benzol peroxide, glycolic/salicylic acids, vitamin C, astringents.
- Expect mild to moderate swelling and redness, like a mild sunburn. In some cases, there may be mild bruising. It is normal for your skin to take up to 7 days to look and feel normal.
- It can take up to 3-6 months after completion of treatments to see full effects.

TREATMENT PROTOCOL

- Space treatments 4 – 6 weeks apart.
- Number of treatments- Patients typically receive 3 – 4 treatments.
- Acne scars typically need 6-8 treatments to notice significant improvements.

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