



Anti-Aging And Medical Skin Care Center

Microneedling Pre/Post care instructions

Pre Treatment Instructions:

- You will need topical anesthetic prior to treatment for optimal comfort during your microneedling treatment. You will be given the option to buy numbing cream at DermAesthetics prior to treatment or you can get a prescription for a topical compounded anesthetic that is made by any specialty compounding pharmacy of your choice. Let us know if you are prone to cold sores, we can provide a prescription for Valtrex on request.
- Please tell your microneedling provider if you have used any Alpha Hydroxy Acids, Beta Hydroxy Acid, other acid type products, Retinol (Vitamin A), prescription retinols or tretinoin, Vitamin C or anything perceived as 'active' or anti-aging skincare in the 48 hours prior to your treatment.
- If you have any active inflammation or infection (other than acne) in the treatment areas, please reschedule your appointment with at least 24 hours' notice to avoid late cancellation fees. For your safety, we will not perform a microneedling treatment over any actively inflamed or infected dermatology condition. The only exception is acne since microneedling will likely improve it. If you have any questions please give us a call.
- No prolonged sun exposure to the face 24 hours prior to your treatment. A micro-needling treatment cannot be administered on sunburned skin. Please save yourself some future wrinkles and use sunscreen and self-tanner instead.
- On the day of the treatment, please wash your face thoroughly with a gentle cleanser, avoid scrubbing and do not apply ANY makeup. If you do put a skin care product on underneath your topical numbing, please inform your microneedling provider prior to treatment. We do not want to microneedle anything into your skin that is not pure.
- Apply a thin layer of topical anesthetic over cleaned skin 1 hour prior to your service in the areas to be treated, avoid the eye area and lips.
- Electrolysis, waxing or laser hair removal should not be done to the treatment areas 5 days before or after

Post Treatment Instructions:

- Immediately after treatment, your skin will be red, and look and feel as though you have a moderate to severe sunburn. Your skin will feel warmer and tighter than usual. This is normal and will subside after 1-4 hours. The redness typically resolves within 4- 24 hours
- You may see slight redness after 24 hours but only in minimal areas or spots
- Wash your face at least 2-3 times a day in the first 24 hours with luke-warm to cool water and Cetaphil Gentle cleanser or other similar gentle wash, avoid scrubbing or friction. Always be sure to wash your hands before washing your face then pat dry
- After washing, apply a gentle moisturizer like Cerave or Cetaphil after washing
- Do not apply any make up to your face for the first 24 hours. Sunscreen can be applied if tolerated after the first 12 hours
- Do not use any Alpha Hydroxy Acids, Beta Hydroxy Acid, other acid type products, Retinol (Vitamin A), prescription retinols or tretinoin, Vitamin C or anything perceived as 'active',

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acne medications or anti-aging skincare for 72 hours. You can resume as tolerated after 72 hours.

- Avoid direct sunlight or swimming for the first 24 hours
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are often loaded with bacteria and may cause an infection
- On day 2 you can resume your normal facial routine, make up and sunscreen (50 SPF of a mineral only based sunscreen is sufficient)
- Use sunscreen regularly to protect your investment
- If small areas of scabbing form, do not pick at them to prevent scarring
- Treatments can be booked 4 weeks apart
- A minimum of 4-6 treatments are recommended, depending on your goals and skin issues.

If you have any questions or concerns, please feel free to call or text us 24 hours a day.

LouAnn Perugini, ACNP, FNP, DCNP, CANS

Dermatology and Aesthetic Board Certified APRN

DermAesthetics, Anti-Aging, Laser & Medical Skin Care Center

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