



MICRONEEDLING PRE & POST CARE INSTRUCTIONS

Prior to Microneedling treatment, please observe the following:

- No Retin-A products or applications **12 hours** prior to your treatment.
- No prolonged sun exposure to the face **24 hours** prior to your treatment. A Microneedling treatment will **NOT** be administered on sunburned skin. To achieve optimal results, it is best to not have any tan when undergoing a microneedling treatment.
- On the day of the treatment, please keep your face clean and do not apply makeup.

What can be expected & Post microneedling care:

- Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after **1 to 2 hours**. This will normally decrease within **24-48 hours** but only in minimal areas or spots.
- Your doctor will discuss post-procedure skin care following the treatment to help soothe, calm and protect the skin. Continue to treat the skin using **ONLY THIS REGIMEN** for **3 days**. Do NOT cleanse with or apply anything other than what was directed. Specifically, avoid Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol, Retin A, and Vitamin C creams/serums.
 - Epionce Essential Recovery Kit Steps: 1) Milky Lotion Cleanser, 2) 2-4 pumps of Priming Oil, 3) generous application of Renewal Calming Cream.
- Your normal skincare routine can be resumed again after **day 3**.

What to avoid:

- Avoid intentional and direct sunlight for **72 hours**. No tanning beds. No sun. Wear a wide brimmed hat and seek the shade.
- Do not go swimming for at least **72 hours** post-treatment.
- No exercising or strenuous activity for the first **72 hours** post-treatment. Sweating and gym environments have plentiful bacteria and may cause adverse reactions.

Be certain to adhere to the following post-treatment instructions:

- **CLEAN** - Use a gentle cleanser and tepid water to cleanse the face for the following **72 hours** and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area.
- **MAKEUP** - it is recommended that makeup should **NOT** be applied for **24 to 72 hours** after the procedure.

Please call us if you have any questions (314)344-0004.