



What NOT to Do Before a Microneedling Treatment

To ensure the best results and minimize risks, please avoid the following activities at least 7-10 days before your microneedling appointment:

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1. **Avoid Retinoids and Exfoliants :**

Stop using products containing retinol, tretinoin, glycolic acid, salicylic acid, or other exfoliating agents.

2. **No Sun Exposure or Tanning :**

Avoid prolonged sun exposure, tanning beds, or self-tanners. If your skin is sunburned or tanned, reschedule your appointment.

3. **Skip Waxing or Hair Removal :**

Do not wax, thread, or use depilatory creams on the treatment area.

4. **Avoid Botox or Fillers :**

Refrain from receiving injectables (Botox, fillers, etc.) in the treatment area at least 2 weeks prior.

5. **Do Not Use Harsh Skincare Products :**

Avoid products with alcohol, fragrances, or active ingredients that may irritate the skin.

6. **No Accutane or Prescription Treatments :**

Discontinue isotretinoin (Accutane) for at least 6 months before treatment.

Consult your provider if you're unsure about other prescription medications.

7. **Avoid Blood Thinners :**

Refrain from taking aspirin, ibuprofen, fish oil, or other blood-thinning supplements unless prescribed by a doctor.

8. **No Active Skin Infections or Irritations :**

If you have acne breakouts, eczema, psoriasis, cold sores, or any other skin condition, notify your provider before treatment.

9. **Stay Hydrated and Avoid Alcohol :**

Drink plenty of water leading up to your appointment and avoid alcohol consumption 24-48 hours before treatment.