

Microneedling Pre-Treatment Guidelines

For You

- Eat healthy and stay well-hydrated for 48 hours before the procedure.
- Avoid smoking and heavy alcohol consumption, as they can affect your platelet count.
- Try to avoid blood thinners such as NSAIDs for 2 weeks before and after the procedure (Motrin, Advil, Ibuprofen, Aleve, Naproxen, Mobic, Celebrex, Meloxicam, Diclofenac, Excedrin).
- Avoid steroid medications for at least 2 weeks prior to the procedure. Postpone the treatment if you have any major illnesses or infection in your body, or if you are currently taking antibiotics for an illness.

For Face

- Stop using topical retinoids (Accutane, Tretinoin, retinoic acid, Retin-A, Renova, Refissa) 7 days prior to treatment.
- Avoid chemical peels and exfoliation for 10 days before microneedling. Discontinue UV exposure, tanning beds, and artificial tanning before, during, and after treatment. Use broad-spectrum sunscreen (UVA/UVB) to protect your skin.
- Delay treatment if you have active sunburn until the skin is fully healed. Contact us at (203)604-2284 if you have an active oral herpes lesion. You will need to take a short course of an antibiotic before the procedure.

For Hair

- Shampoo and condition your hair before the procedure to ensure cleanliness.
- Avoid using hair products like hairspray or gel on the day of your treatment to minimize potential side effects.

Questions? Call (203)604-2284
or e-mail info@ugglow.com



Microneedling Post-Treatment Guidelines

Today (Immediately after your procedure):

- Avoid rinsing the treated area immediately after the procedure, unless you have to. The night of your procedure, you can splash clean cool water on the treated area.
- Cold gel packs/ice may be applied immediately after treatment to reduce swelling/bruising. Avoid direct sun exposure to the area as much as possible for 10 days following your procedure. Always use sunscreen SPF 30 or above, reapplying every 2 hours.
- Make sure all surfaces touching the treated area are clean (makeup brushes, hands, towels, pillowcase, etc)
- Try to avoid strenuous exercise or sweating for 12 hours due to open pores.
- Continue to avoid anti-inflammatory medications (such as ibuprofen, Motrin, Advil, Aleve, Excedrin) until day 10, but ideally for the next 3-4 months! These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. Tylenol is OK.
- Continue to avoid Retinol-based products, exfoliants, and chemical peels until day 10.

Tomorrow (The day after your procedure):

- May use mineral makeup.
- May use a mild facial cleanser. Follow with the organic grapeseed oil provided. If you are allergic to grapeseed oil, you can instead use coconut oil or olive oil.

Days 2-7 following your procedure:

- You may notice skin dryness and flaking. This is due to an increased turnover of skin cells.
- Once you notice this, you may resume your regular skin cleanser. You may resume using your regular moisturizer or continue using the grapeseed oil.

Days 7+ following your procedure:

- A week after the microneedling procedure, most patients notice that their skin is smoother and more radiant. You may resume regular healthy skin regimen at this point, including retinol-containing products, exfoliation, and chemical peels.
- Continue with sun protection every day and reapply every 2 hours if outdoors.

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