



Client Pre & Post Treatment Instructions

Microneedling

Pre-Treatment Instructions

- Please come to your Microneedling appointment with a clean face and no makeup on.
- Avoid extended sun exposure or tanning for 1-week pre & post treatment.
- Stop using retinol products 7 days prior to treatment.
- If you have recently experienced sunburn, please wait at least 2 weeks before being treated in order to avoid additional skin damage.
- If you are prone to cold sores, take an anti-viral medication (such as Valtrex) prior to your treatment.
- If you have used Accutane within the last 12 months, you CANNOT have Microneedling treatment.

Post Treatment Expectations

- Mild Erythema (redness) will be present in the treatment area and can last a few hours up to a few days.
- The skin may look sunburned for a day or two with potential pinprick scabbing (red dots) and will return to normal by day 2 or 3.
- Clients will experience a mild to moderate sunburn sensation when numbing wears off that may include some discomfort.
- Within 48 to 72 hours post treatment, you may experience flaking or peeling. This will generally last a few days. DO NOT PICK OR PULL THE SKIN.

Post Care Instructions

- Do not wash your skin until the morning after your treatment for the best outcome. When washing your face for the first 2 days, do not scrub. Use a gentle cleanser with no acids.
- Keep the skin hydrated using a gentle moisturizer. Follow other post treatment recommendations provided by your esthetician.
- Do not apply make-up for 24 hours.
- Avoid all active products such as alpha hydroxy and beta hydroxy products (AHA/BHA) and retinol/retinoids for 2 weeks post treatment.
- Discomfort can be relieved with cool compresses.
- Acetaminophen or Ibuprofen can help with discomfort. DO NOT ingest aspirin or products containing aspirin until complete healing has occurred.
- Showers are permitted but prolonged bathing, heavy exercise, and Jacuzzi tubs are not advised for 48 hours.
- Avoid shaving or waxing the area for 48 hours after treatment.
- Do NOT have any other facial treatments for at least 2 weeks post treatment.

2032 Lowe Street, Suite 103, Fort Collins, CO 80525

1615 Foxtrail Drive, Suite 190, Loveland, CO 80538

info@alluraclinic.com

(970) 223-0193