Microneedling *Pre-Care*

Getting your skin ready for microneedling

Microneedling works best on calm, healthy skin. These steps help you heal quickly.

Your *countdown*

When	What to do
1 to 2 weeks before	Avoid sun and sunburn. No waxing, peels or laser treatments on the area.
5 to 7 days before	If it is okay for you, pause ibuprofen, aspirin, fish oil and vitamin E. Tylenol is fine.
3 to 5 days before	Pause retinol, tretinoin, acids, benzoyl peroxide and scrubs.
24 hours before	Skip alcohol and drink plenty of water.

On the *day*

- **Arrive with clean skin.** No makeup, lotion or perfume.
- Numbing cream may be applied first, so please plan extra time.
- If you have ever had cold sores, tell us before your visit. An antiviral may be prescribed. Take it exactly as directed.

Please call us *first*

Call DermaGlow at 703-288-3000 before your visit if any of these apply. We may adjust your plan or find a better date:

- You are pregnant, trying to become pregnant or breastfeeding
- You have a cold sore, rash, breakout, cut or infection in the treatment area
- You feel sick, have a fever or have started a new medication or antibiotic
- You have used Accutane (isotretinoin) in the past 6 months
- You have active acne, eczema or psoriasis in the area

Never stop a prescribed medication, including daily aspirin or blood thinners, without approval from the doctor who prescribed it.

Your provider will review your health history before treatment and may share instructions specific to you. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.