



## Pre & Post Care

### Microneedling / Medium Depth Peels / Laser

#### Pre-Care:

- Avoid sun exposure and tanning beds for 7 days prior.
- Discontinue retinols, retinoids, AHAs/BHAs, vitamin C, topical acne creams and exfoliants 3–5 days before.
- Must not currently be on course of antibiotics
- No waxing, threading, or depilatories in the treatment area for 1 week.
- Avoid blood thinners (aspirin, ibuprofen, fish oil, alcohol) for 24–48 hours, if approved by your provider.
- Let us know if you have a history of cold sores (you may need antiviral medication).
- Stay well-hydrated and arrive with clean skin—no makeup, lotions, or sunscreen.

#### Microneedling **with** PRP

- Hydrate well 24 hours before your appointment.
- Eat a good meal before your appointment to avoid lightheadedness.

#### Post-Care:

- Expect redness, tightness, and sensitivity for 1–3 days.
- Do not apply makeup for 24 hours (or as directed).
- Use only gentle, hydrating cleansers and moisturizers.
- Avoid active skincare ingredients (retinols, acids, scrubs) for 5–7 days.
- No sun exposure or sweating/heavy workouts for 48–72 hours.
- Always wear broad-spectrum SPF 30+.