



Microneedling Pre + Post Treatment Instructions

PRE-PROCEDURE INSTRUCTIONS

To ensure optimal results and minimize irritation, please follow these recommendations prior to treatment:

AVOID FOR 3-7 DAYS BEFORE TREATMENT

- Retinoids, retinol, tretinoin, and exfoliating products
- Chemical peels, laser treatments, and other aggressive skin procedures
- Excessive sun exposure and tanning
- Waxing, threading, or depilatory creams in the treatment area

ADDITIONAL RECOMMENDATIONS

- Stay well hydrated before your appointment.
- Arrive with clean skin free of makeup whenever possible.
- Notify your provider if you have an active cold sore, skin infection, rash, open wound, or recent illness.
- Inform your provider if you are pregnant, breastfeeding, or using prescription acne medications.

POST-PROCEDURE INSTRUCTIONS

IMMEDIATE AFTERCARE

- Redness, warmth, mild swelling, and skin sensitivity are normal and may last 24-72 hours.
- Your skin may feel similar to a mild sunburn following treatment.
- Avoid touching or picking at the treated area.

FOR THE FIRST 24 HOURS

- Do not apply makeup.
- Avoid strenuous exercise and excessive sweating.
- Avoid saunas, steam rooms, hot tubs, and prolonged heat exposure.
- Use only products recommended by your provider.

FOR THE FIRST 3-5 DAYS

- Use a gentle cleanser and moisturizer.
- Avoid retinoids, exfoliants, acids, and active skincare ingredients.
- Avoid direct sun exposure and wear SPF 30+ daily.
- Do not use scrubs, brushes, or abrasive cleansing devices.

WHAT TO EXPECT

- Mild flaking or dryness may occur as the skin renews itself.
- Skin texture and tone will continue to improve over the following weeks.
- Collagen production continues for several months following treatment.

FOLLOW-UP & RESULTS

- Initial improvements may be seen within 1-2 weeks.
- Continued improvement occurs as new collagen develops.
- A series of treatments is often recommended for optimal correction of acne scars, fine lines, pigmentation, and skin texture concerns.

Please contact D'Vine Medical Spa if you experience excessive swelling, signs of infection, unusual discomfort, or have any concerns following treatment.

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