



Recommended Pre and Post Procedure Guidelines for Microneedling

In order to minimize the risk of possible side effects and complications of microneedling, please follow these steps:

Pre-Treatment Instructions

- Schedule your appointment at least 2 weeks prior to a special event. Redness, swelling and peeling may be apparent in that time period.
- Let the provider know if you have a history of cold sores. An antiviral may be prescribed.
- You may not have an active rash in the area being treated.
- Avoidance of Accutane for the past 6 months is required.
- Avoidance of IPL, laser procedures and waxing for the past 7 days is required.
- If pregnant, you must receive clearance from OBGYN.

Post-Treatment Instructions

- Redness or sensitivity might be present (and last up to a few days).
- Use Tylenol only as needed for any soreness.
- Peeling may start 3-5 days after peel.
- Do not pick or scratch at treated skin.
- Avoid strenuous exercise or sweating for 24 hours due to open skin.
- Avoid sun tanning and prolonged exposure to direct sunlight.
- If exposed to sun, always use broad spectrum SPF 30+ and reapply every 2 hours.
- Recommend follow up and repeat treatments in 2-4 weeks when treating acne and hyperpigmentation and in 4-6 weeks for age management.
- Best results are obtained in a series of 4-6 treatments.

Post Procedure Skin Care Kit Instructions

- Cleanse face with Epionce Milky Lotion Cleanser morning and evening.
- Keep skin moisturized throughout day with Epionce Medical Barrier Cream.
- Keep skin protected throughout day with Epionce Ultra Shield Lotion SPF 50. Apply Epionce Medical Barrier Cream underneath Epionce Ultra Shield Lotion SPF 50.
- May use makeup after 24 hours.
- May restart regular skin care routine in 48 hours and exfoliants (retinol, glycolic acid, lactic acid, salicylic acid) in 72 hours.
- Post procedure skin care kit can be discontinued once skin no longer feels dry, tight and has completely healed.
- The skin care provided to you is intended for use during healing and is ideal for dry, sensitive skin.
- Prolonged use for oily, acne prone skin can cause breakouts.