



Microneedling Treatment Instructions

Pre-Treatment

- Discontinue the use of hydroxyl acids (AHA/BHAs), benzoyl peroxide, retinols and other potentially irritating products 3-4 days prior to your appointment unless otherwise instructed by provider.
- Avoid laser hair removal, electrolysis, waxing and the use of depilatory (peeling/exfoliating) creams for 5-7 days prior to your appointment.
- Avoid having treatment until skin has completely healed from any procedures, such as IPL, laser, or microdermabrasion (usually 2 weeks).
- If you have a history of herpes infection, you may wish to start an anti-viral medication on the day prior to your peel and continue for 7 days.
 - Your provider can assist with getting you this prescription if needed.
- Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil for 3 days prior to treatment. These agents may interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation
- Avoid blood thinning agents (aspirin, fish oil, Omega-3, Vitamin E) for 1 week prior. If on blood thinners for a medical condition, please check with your provider before discontinuing.
- Please arrive to your appointment with a clean face with NO makeup.

Post-Treatment

- Do not wash your face for at least 5h after your treatment.
- The skin may feel tight, dry, and sensitive to touch, similar to a sunburn, for 2-3days. Some people experience light flaking for up to 5-7 days depending on how aggressive your treatment was.
- The evening of your treatment and the morning after:
 - Wash your face with the Gentle Cleaner, pat dry
 - Apply half of the remaining V-Tech exosomes from the syringe. Rub in well and allow to dry completely
 - Apply half of the V-Tech Gel Mask from the gold packet, rub in well and allow to fully absorb and dry.
 - Apply thin layer of Hydrating Cream if needed
- General Post-care for 1-2 weeks am and pm:
 - Wash with gentle cleanser
 - Apply 2 pumps of Daily Power Defense (or other gentle moisturizer)
 - Apply thin layer of hydrating crème (can be applied 2-3x/day)
 - Apply sunscreen (am only)
- Redness, stinging, itching, mild swelling, and mild flaking are all normal signs after Microneedling and may vary between patients.



- Avoid sun tanning and prolonged exposure to direct sunlight for **2wks**. After 24 hours, always use a full spectrum sunscreen SPF30 or above.
- Avoid sauna, steam rooms, and hot tubs for 24-48h due to risk of irritation and infection
- Avoid strenuous exercise and sweating until skin is completely healed.
- Avoid procedures, such as facials, hair removal, microdermabrasion, and laser until skin is fully healed.
- Avoid “active” skincare products until skin is healed (i.e. AHA, Glycolic, etc)
- You may resume your normal skincare routine after 1-2wks based on provider recommendation.

**Your experience and satisfaction are incredibly important to us at Beauty FX.
If you are ever unhappy with your treatment for any reason, please let us
know so we can do our best to make it right.**