

## **Microneedling Treatment Instructions**

### **by Shaun Patel, M.D.**

Microneedling involves using a medical grade device like the SkinPen by Bellus Medical to create controlled micro-injuries to the skin which in turn stimulate the body's normal wound healing process resulting in increased collagen. I use microneedling to treat uneven skin texture, fine lines, enlarged pores, and acne scars.

#### **Pre-treatment Instructions:**

- Avoid wearing makeup to your appointment.
- Avoid sun exposure, tanning beds, and self-tanners for 4 weeks prior to your treatment.
- Stop using all irritating skin products for 1 week prior to your treatment. This includes retinoids (retinol, Retin-A), salicylic acid, glycolic acid, AHA, BHA, scrubs, and other exfoliation treatments.

#### **Post-treatment instructions:**

- Keep the skin moist and protect the skin from the sun.
- It is important to not rub, scrub or pick the skin after treatment.
- The skin will appear red and swollen after the treatment. Some dryness, rough skin, tightness, redness, itching, and peeling is normal in the first few days after treatment.
- Do not start using your regular skincare products until your skin has healed. Gentle cleansers, moisturizers, and sunscreen are okay to use the morning after your treatment. Makeup can be applied the morning after your treatment.