Grace
WELLNESS & AESTHETICS

BEFORE & AFTER CARE

# Microneedling

Collagen induction therapy

## Before your appointment

- Arrive with a clean face, free of makeup and products.
- If you have a post-care kit, you may use those products for 5 days before treatment.
- **24 hours before:** avoid blood-thinning medications and products such as ibuprofen, aspirin and alcohol.

## After your appointment

- **24 hours:** don't wash your face or apply makeup.
- **Days 1–2:** use ice packs as needed for discomfort, and drink plenty of water.
- **3 days, or until healed:** no exercise, saunas, sun exposure or getting overheated, and no shaving the treated area.
- **5 days:** use the products in the post-care kit provided at your appointment.
- **7 days:** no prescription tretinoin or retinols (other than what's in your kit), exfoliators or harsh toners.
- **2 weeks:** no direct sun, and wear sunscreen daily. No chemical peels unless one was applied the day of treatment.
- Moisturize as often as needed. Don't pick or peel healing, dry skin.

## What's normal

- Redness and mild irritation, like a sunburn, on the day of treatment. Redness improves by day 2–3, but skin may still feel sensitive and tight.

## Your next visit

- Return for your next treatment in 4–6 weeks. 3–4 treatments are recommended for the best results.