



What is Microneedling?

Microneedling is the use of multiple, tiny needles to puncture the top layer of the skin. While this sounds painful, it is relatively pain-free with the use of topical numbing cream. The purpose of this procedure is to stimulate collagen production to promote skin rejuvenation. This treatment can help with fine lines and wrinkles, pore size, and acne scarring with minimal downtime.



What should I do to prepare before the procedure?

Not everyone is a good candidate for microneedling, if you have an autoimmune disease (lupus, vitiligo, psoriasis), keloids, sensitive skin, have taken isotretinoin within the last 6 months, or take a blood thinner, then you should consult one of our dermatologists. If you are scheduled for a treatment, please follow these instructions to prepare your skin:

- Discontinue retinoids 24 hours prior to procedure
- Avoid sun exposure for 3 days prior. Microneedling should not be performed on sun tanned or burned skin
- Reschedule if you develop a cold sore (fever blister)
- Arrive to the appointment with a clean face without make-up



What should I expect during the procedure?

Your face will be cleansed and then a numbing cream will be applied. This cream may tingle and sting once it is applied to the skin. This numbing cream will be left on your skin for 20 - 30 minutes and removed. Once numb, a microneedling pen is then passed back and forth over the treatment area injecting tiny needles into the skin. This sounds painful, but there is only minimal discomfort so you do not need to worry.



How should I take care of my skin after the procedure?

Once the procedure is complete, your skin will be pink to red with some possibly pin-point bleeding and swelling. It may be tight, tingle, or feel like a sun burn. It will also be sensitive. Beginning on the second day after the procedure, you may experience peeling of your skin. It takes about 3 - 4 days for your skin to return to normal. After the procedure, please follow these instructions:

- Avoid applying make-up or sunscreen for the rest of the day.
- For the first 24 hours after treatment, only wash your face with water and apply Skinfuse Lift HA Serum as needed. Do not use any cleansers, moisturizers, or sunscreen.
- On days 2-4, apply Skinfuse Rescue Calming Complex twice daily and continue the Lift HA serum as needed. You may start using a gentle cleanser and zinc oxide based sunscreen.
- Avoid sweating or exercise for 3 days, and avoid sun exposure for 7 days.
- Restart your regular skin care routine on day 4.