



CORINNE AESTHETICS  
LASER & SKIN

## **SkinStylus Microneedling Pre & Post Care Instructions**

Microneedling is a minimally invasive cosmetic procedure that involves using fine needles to create tiny punctures in the skin. This process stimulates the body's natural healing response, promoting collagen and elastin production. The result is improved skin texture, reduced appearance of scars, fine lines, and wrinkles, and enhanced overall skin tone. Microneedling is suitable for all skin types and typically requires little to no downtime, making it a popular choice for rejuvenating the skin.

### **Benefits of Microneedling:**

- Smooths out fine lines and wrinkles
- Smooths out acne scars or mild scars
- Helps skin discoloration or uneven skin tone
- Helps reduce the appearance of enlarged pores
- Helps the appearance of stretch marks.

Please note the following instructions for optimal results:

### **Pre-Care Instructions:**

- Before your treatment, I will assess your skin and review your medical history with you. Photos will be taken so that we can compare before and after the treatment and to keep in your medical file.
- Avoid retinoids, Retin-A, or exfoliants for at least 72 hours (about 3 days) before your appointment
- No IPL or laser treatments 7 days before your appointment.
- If you must shave, please do so at least 24 hours before your appointment.
- Please make sure your skin is clean from makeup or lotions before your appointment.
- If you have a history of cold sores, please notify me at least 3 days before your appointment so that you may be prescribed antiviral medication.

### **What to expect the day of your treatment:**

- I will clean your skin and apply a numbing cream to the treatment area. This will be done at least 45 minutes before your treatment so that the numbing has time to work.
- I will then cleanse your skin from the numbing and begin your treatment. The microneedling tool looks like a pen. This will be rolled around your face in slow vertical

and horizontal motions, with stamping as needed, while the needles penetrate your skin. The length of the needle can be changed, and I will do so depending on the area that is being treated.

- You may feel warmth or a scratching sensation on your face. Some areas are more uncomfortable like around your eyes and the forehead. Please let me know if it is becoming too painful. I may need to adjust the settings for your comfort.
- The treatment can take from 30-60 minutes.

### **Post-Care Instructions:**

#### **RIGHT AFTER your treatment:**

- Stay out of the sun completely for at least 7 days.
- Once your treatment is over, your skin will appear red and swollen. This can last up to a week.
- Ice or a cold compress can be applied post-treatment for your comfort.
- You may take an over-the-counter pain killer if needed.
- Please stay hydrated - drink lots of water!
- Do not use any products on the treatment area.
- Do not wash the treatment area.
- Avoid bathtubs, hot tubs, oceans, saunas, and big bodies of water. Your pores are open, and it is vital to keep your face clean and free from areas with dirty water.
- Avoid working out
- Apply the exosome serum 4 hours after treatment, once at night before bed, and the following morning. You can use it until it finishes.
- Avoid any retinol products for the first two weeks.

#### **24 Hours after your treatment:**

- Use sunscreen liberally on the treatment area if you will be in sunlight (non-chemical sunscreen). Again, try to stay out of the sun completely for at least a week after your treatment.
- You may use lukewarm water to wash your face but avoid any products. The Exosome serum or Hyaluronic acid can be applied to skin, this can help with recovery.
- Avoid working out, hot tubs, oceans, dirty bodies of water.
- There is a risk of bruising, scarring, or infection post-treatment.
- Avoid makeup
- You may feel like you have a sunburn. This is normal.

#### **48 Hours after your treatment:**

- You may use your regular products - GENTLE products that clean and moisturize the skin. Avoid retinols or products with alcohol or harsh chemicals.
- You may apply light makeup
- You may work out
- You may begin to see some peeling. This is a normal reaction. Do not pick at the peeling, let it peel on it's own. This is the skins normal healing reaction to cell turnover.

**72 Hours after your treatment:**

- You can start your regular skincare regimen.
- Avoid retinols for at least 2 weeks post-treatment.
- Please know that this is a safe procedure but be vigilant to follow directions to avoid these risks. As with any treatment, the response, result, and healing varies with each individual and a specific outcome is not guaranteed.
- Most clients need multiple treatments over several months to achieve the desired results.
- Recommendation: 4-6 treatments, 6 weeks apart.

Feel free to call or text me anytime with questions or concerns 805-372-1022