



MICRONEEDLING PRE-CARE INSTRUCTIONS

Pre-treatment (7–10 days before)

- Increase water intake
- Use a **non-oil vitamin C serum** to boost collagen
- Stop Use of Retinol or Tretinoin 5 days prior to treatment
- Use a good moisturizer daily
- Avoid smoking 2–3 hours **before** the appointment (helps oxygen flow)

MICRONEEDLING POST-CARE INSTRUCTIONS FIRST 24 HOURS

Your skin may feel warm, tight, and flushed 24-48hrs after service .

Do:

- Use a gentle milky cleanser - Ann Webb Milky Cleanser
- Use Magic Molecule (HOCl) 2-3x daily
- Apply Hyaluronic Acid
- Repair Serum
- Gentle vitamin C (if approved)
- Hydrate , drink plenty of water
- Gentle moisturizer - 2-3x daily
- Mineral SPF 30 or higher
- Hydrating routine

Avoid:

- Makeup 24-48 hours
- Direct sun exposure , no “sunbathing “
- Sweating/exercise - 48 hours
- Active ingredients - enzymes , peels, AHAs/BHAs , 5 days
- Touching the face 24–72 HOURS Skin is actively healing.
- Retinol 3-5 days
- Scrubs 5 days
- Hot showers
- Swimming 3–7 DAYS , No hot tubs, saunas no lakes
- Skin may feel dry or flaky.
- Picking/peeling
- Waxing - 5-7 days
- Self-tanners for 72 hours



Microneedling Prep for Smokers

1. Slower skin healing

- Nicotine causes **vasoconstriction**, which means the blood vessels tighten.
- Less oxygen
- Less nutrients
- Slower wound healing

2. Reduced collagen production

- Microneedling relies on controlled injury to stimulate collagen
- Smoking reduces vitamin C in the skin + creates chronic inflammation.
- Collagen production is weaker
- Final results might be less dramatic

3. Higher chance of post-inflammatory hyperpigmentation (PIH)

- Smokers often have compromised barrier + slower recovery.
- More irritation
- Higher risk of pigmentation issues—especially in Fitz 4-6

4. More dryness and dullness post-procedure

- Smoking dehydrates the skin and damages lipids.
- Skin can feel drier or more irritated after treatment

Smoking becomes more concerning if the client also has:

- Diabetes
- Autoimmune disorders
- Poor wound healing
- Active dermatitis
- History of keloids
- Very deep lines + long-term sun damage

You can purchase extra bottles of Magic Molecule from the student retail center. (HOCl) Is Safe After Microneedling. A post care kit is included with a model price of \$75.

Hypochlorous acid (HOCl) is naturally produced by your immune system, so it's extremely gentle and safe on compromised or freshly treated skin.

After microneedling, HOCl helps with:

Reducing inflammation

- Calms redness and heat within minutes.

Lowering risk of infection

- HOCl removes harmful bacteria without disrupting the skin barrier.

Speeding healing

- Supports your skin's natural repair process.

Zero irritation

- It's non-stinging, non-drying, and non-toxic — perfect for freshly needled skin.

You can apply Magic Molecule:

- Immediately post-microneedling (professional use in clinic)
- At home, starting the same day
- Every few hours for the first 24–48 hours to soothe and hydrate

It pairs perfectly with:

- PDRN serum
- Hyaluronic acid - can purchase a 2oz from the student retail clinic
- Alastin products
- Snail mucin (after 24 hours)