

Microneedling Pre & Post Treatment Instructions

(Aesthetics)

Date:

Patient Information

- **Patient Name:** {{patient_first_name}} {{patient_last_name}}
- **Date of Birth:** {{patient_birthdate}}

Pre-Treatment Instructions

Please follow these guidelines before your microneedling treatment:

2 Weeks Before Treatment:

- Discontinue use of retinoids, retinol, and tretinoin products
- Avoid excessive sun exposure and tanning
- Stop using any exfoliating products (glycolic acid, salicylic acid, etc.)
- Discontinue blood-thinning supplements (fish oil, vitamin E, aspirin) if medically appropriate

1 Week Before Treatment:

- Do not undergo waxing, threading, or laser hair removal in the treatment area
- Avoid Botox or filler injections in the treatment area
- Do not receive chemical peels or other ablative treatments

Day of Treatment:

- Arrive with clean skin - no makeup, lotions, or sunscreen
- Avoid caffeine and alcohol
- Take any prescribed medications as directed
- Inform your provider of any new medications or health changes

Post-Treatment Instructions

Following these instructions is crucial for optimal results and to minimize complications:



Day 1 (Day of Treatment):

- Expect redness similar to a mild sunburn - this is normal
- Apply provided post-treatment serum or hyaluronic acid as directed
- DO NOT wash face for at least 4-6 hours post-treatment
- Avoid touching or rubbing treated area
- Do not apply makeup or sunscreen
- Sleep on clean pillowcase, preferably on your back

Days 2-3:

- Gently cleanse with lukewarm water and a gentle, non-active cleanser
- Continue applying hyaluronic acid serum
- Expect skin tightness and possible minor peeling
- Avoid strenuous exercise and sweating
- No swimming, hot tubs, or saunas
- Apply mineral-based sunscreen (SPF 30+) if going outdoors

Days 4-7:

- Continue gentle skincare routine
- Peeling and flaking may occur - DO NOT pick or peel skin
- Moisturize frequently
- May gradually resume light exercise
- Continue strict sun protection

Week 2 and Beyond:

- May gradually reintroduce regular skincare products
- Wait 2 weeks before using retinoids or active ingredients
- Continue sun protection (crucial for preventing hyperpigmentation)
- Schedule follow-up treatments as recommended (typically 4-6 weeks apart)

When to Contact Us

Contact our office immediately if you experience:

- Signs of infection (increasing redness, warmth, pus, fever)
- Severe or worsening pain after 48 hours
- Blistering or severe skin reaction
- Unusual swelling that doesn't subside
- Any other concerning symptoms

Emergency Contact: Call our office or seek medical attention if needed.

Products to AVOID Post-Treatment

- Retinoids and retinol (for 2 weeks)
- Vitamin C serums (for 72 hours)
- AHA/BHA acids (glycolic, salicylic, lactic)
- Benzoyl peroxide
- Alcohol-based products
- Fragranced products
- Makeup (for 24-48 hours minimum)

Acknowledgment

Please initial each statement:

1. I have read and understand the pre-treatment instructions and will follow them.
2. I have read and understand the post-treatment instructions and will follow them.
3. I understand that not following these instructions may affect my results and increase risk of complications.
4. I know when to contact the office if I have concerns.
5. I have received a copy of these instructions for my reference.

Signatures

Patient Signature: _____ **Date:**

Provider Name: **Date:**

ENNU Aesthetics - Microneedling Services

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Audit

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Instructions
Uploaded by -
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Document sent for signature to Jasmyne Minett -
jasmyne.minett@gmail.com



This audit trail report provides a detailed record of the online activity and events recorded for this contract.