

# 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**

**Form Version: 2025.01**



Document ID: 44457c63449671378baaff5d38ba8752fc0d73ab

Generated on: December 19, 2025

Signed On: <https://ennu.co/>

**Form Complete**



# Signature Certificate

Document name: Microneedling Pre & Post Instructions

🔒 Unique Document ID: 44457C63449671378BAAFF5D38BA8752FC0D73AB

LEGALLY SIGNED USING  
**WP**signature  
Build. Track. Sign Contracts.



Amber Gahm  
Party ID: ab6b9fd1-6e46-40c2-8430-5444404850e9

Awaiting signature



Taylor Starks  
Party ID: 5a00ba4b-2932-4b93-bcf1-053d751dcddb

Awaiting signature



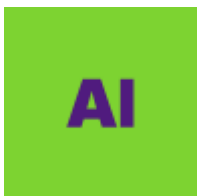
Karen Bridges  
Party ID: 99a9f2b9-0d25-44ed-a957-67c5e0288e92

Awaiting signature



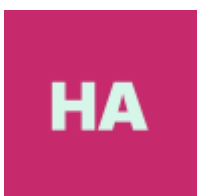
Emily Humphrey  
Party ID: 953a6dbb-3d7e-4c7b-93d6-01160458d7b8

Awaiting signature



Isiah Gibson  
Party ID: 6e8edb75-554d-4013-9984-3d3ba60c6c9a

Awaiting signature



Hannah Highly  
Party ID: efc5e5ba-e474-4882-bfd6-7d973ebb0629

Awaiting signature



Katelyn Cummins  
Party ID: 5512edd9-1e35-4bc8-9556-8b549be75fad

Awaiting signature



Hailey Wilson  
Party ID: f6f8ea6a-0172-4275-94da-46f7cab3058e

Awaiting signature



Kaley Pagan  
Party ID: 71faee08-a662-47c7-8f06-dec5b197865a

Awaiting signature



Olivia Makk  
Party ID: fc5ca2c9-0448-4853-9478-e5488128b80d

Awaiting signature



Erin Pass  
Party ID: f3a22a01-ae5d-46c7-880d-d53c671b9d7e

Awaiting signature



Gina Jacobs  
Party ID: 16a32879-a6f8-4e9c-bf21-117608d8ad6d

Awaiting signature



Chelsey Mcpheeters  
Party ID: 9c237f39-cf0a-48ee-a38f-7362b38935c7

Awaiting signature



Whitney Heflin  
Party ID: 3a8ea552-4535-43cb-997d-12d9fa178dae

Awaiting signature



Kristen Cook  
Party ID: d9aa78cb-60f5-445c-9544-4933d88e9508

Awaiting signature



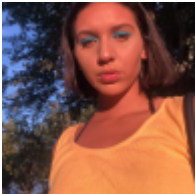
Camille Judice  
Party ID: ca31a12b-fc1f-4722-9f3f-d99f16db023a

Awaiting signature



Beth Phelps  
Party ID: ddaa466f-bbcc-4c26-8d12-a733c1bec38c

Awaiting signature



Angelina Torres  
Party ID: f3461104-04a6-4084-9738-1d634d804530

Awaiting signature



Reem Alarian  
Party ID: 63837b23-f8fe-4bd4-99f7-17e5a4da8160

Awaiting signature



Rubi Ortuno  
Party ID: a79f2870-4de3-48b5-8254-1dedfaea7bd2

Awaiting signature

**DM**

Deana Carl  
Party ID: dda0d286-da38-4e73-9d17-1b8bf4c70fae

Awaiting signature

**CA**

Cathy McElroy  
Party ID: 90cebf8c-78c5-4d76-840b-b09415956096

Awaiting signature

**RP**

Malak Awad  
Party ID: 7557f45e-ab73-41eb-8112-3d565c2639a5

Awaiting signature

**BN**

Bereona Nolan  
Party ID: 6a984b9e-0bd5-4664-84ab-805e1ecb0719

Awaiting signature

**LE**

Leesa Ennenbach  
Party ID: 04b65f79-985e-47da-a33d-bbcb0e882e42

Awaiting signature

**AM**

Alexis Hazelwood  
Party ID: 1da1c67e-1ff3-4d72-a5cd-60db0fb609e0

Awaiting signature

**JA**

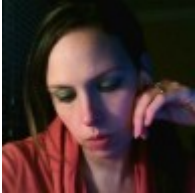
Jamie M Cassidy  
Party ID: d429ff57-fcd2-4cf5-a9be-b4d1a8e2f441

Awaiting signature



Miranda Todd  
Party ID: dfde5ecc-0a70-41b3-8fd8-fa2a5059245f

Awaiting signature



Rita Brasler  
Party ID: 30e85bbc-7a7d-4b64-a846-70c53eececb

Awaiting signature



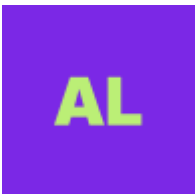
Ashley Rivera  
Party ID: 1c8b0035-a573-4581-970b-2655c9910dc5

Awaiting signature



Brittany Spalding  
Party ID: 867a8f2e-24b2-4d78-a82c-21428aba0f7b

Awaiting signature



Alexis Mitcham  
Party ID: c5f9f23b-fa40-4c39-a90c-b28a1c8ca6a0

Awaiting signature



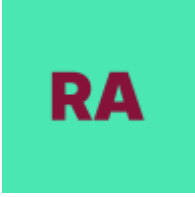
Macauley Murphy  
Party ID: 0549b773-bb96-42ad-a1e3-f78e9a71a2fc

Awaiting signature



Jenna Meffert  
Party ID: babcd67e-68bd-4ab1-a4a1-4d2f973d6e23

Awaiting signature



Raya Habeeb  
Party ID: 0831e2b4-c638-49cc-ab36-9cce4617a460

Awaiting signature



malloriemmayer@gmail.com  
Party ID: eeef6fad-0946-4a0c-b63b-3d085ee650da

Awaiting signature



Adrienne Ehringer  
Party ID: 0c455eb1-80c9-466a-8758-beb74b8dc26e

Awaiting signature



Michelle Salinas  
Party ID: 864205ba-60d1-43fa-8967-6b815493f9f1

Awaiting signature



Veronica Mancilla Garcia  
Party ID: abfa3f7f-eb37-48f2-9446-3a8a48d33c08

Awaiting signature



Madelyne Smith  
Party ID: 5b7ce1e0-554b-4174-ac2f-19472174618f

Awaiting signature

**Timestamp**

December 19, 2025 4:16 pm  
EDT

**Audit**

Document Microneedling Pre & Post Instructions  
Uploaded by ENNU - admins-enu@enu.co  
IP: 0.0.0.0



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