



Client Pre & Post Care Instructions

Microneedling

Thank you for scheduling your Microneedling treatment with Golden Laser Aesthetics. The instructions below must be followed diligently in order to obtain optimum results.

Pre Care Instructions

- Clients should come to their treatment with a clean face and no makeup on.
- Avoid extended sun exposure or tanning for 1 week pre & post treatment.
- Clients who are sunburned should wait at least 2 weeks before being treated in order to avoid additional skin damage.
- If you are prone to cold sores, take an anti-viral medication (such as Valtrex) prior to your treatment. Ask your technician for a prescription.
- Clients who have used Accutane within the last 12 months CANNOT have microneedling.

Post Treatment Expectations

- Mild Erythema (redness) will be present in the treatment area and can last a few hours up to a few days.
- With shorter needle lengths (0.25mm, 0.5mm) the skin may remain unchanged or exhibit a red glow that will likely be gone by the following morning. With longer needle lengths (1.0mm, 1.5mm) the skin will look sunburned for a day or two with potential pinprick scabbing (red dots) and will return to normal by day 2 or 3.
- Clients will experience a mild to moderate sunburn sensation when numbing wears off that may include some discomfort.
- Most clients will not experience any significant discomfort.
- Within 48 to 72 hours post treatment, you may experience flaking or peeling. This will generally last a few days. **DO NOT PICK OR PULL THE SKIN.**

Post Care Instructions

- Avoid all active products such as alpha hydroxy and beta hydroxy products (AHA/BHA) and retinol/retinoids for up to 5 days post treatment.
- Discomfort can be relieved with cool compresses.
- Acetaminophen or Ibuprofen can help with discomfort.. **DO NOT** ingest aspirin or products containing aspirin until complete healing has occurred.
- Do not wash your skin until the morning after your treatment for the best outcome. When washing your face for the first 2 days, do not scrub. Use a gentle cleanser with no acids. (Anteage Cleanser is recommended)
- Showers are permitted but prolonged bathing, heavy exercise, and Jacuzzi tubs is not advised for 48 hours.
- Avoid shaving the area for 24 hours after treatment.



- Apply a protective ointment to the treated area two or more times daily for 3 to 5 days. (Anteage BioGel is recommended for the best outcome) This process is critical in keeping the skin hydrated and preventing bacteria from entering the skin.
 - The Post-Care System is recommended for best outcome and healing. The system includes AnteAGE Cleanser, Serum, Accelerator, BioGel, and SPF.
 - Day 1-2 cleanse first and follow with biogel 2 x daily. You can use the biogel more often if needed!!! SPF needs to be used in the morning after your biogel if exposure to sun may occur.
 - Day 3-7: Cleanser, Serum, Accelerator, BioGel 2 x per day. SPF in the am if needed.
- Do NOT have any other facial treatments for at least 2 weeks post treatment.