WINDSTONE
ACUPUNCTURE

Microneedling: Pre- and Aftercare Instructions

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Thank you for booking your microneedling appointment. Following these instructions helps you get the best results and lowers your risk of side effects. Please read them before your appointment and keep this handout for afterward. *Please do not hesitate to reach out with any questions or concerns.*

Before Your Appointment

Do any of these apply to you?
Let me know before your visit, since some of these may mean we need to reschedule or modify your treatment:

- You are pregnant or breastfeeding.
- You have taken isotretinoin (Accutane) in the past 6 months.
- You have active acne breakouts, cold sores, rashes, eczema, psoriasis, or any open skin or infection in the treatment area.
- You have a history of cold sores (herpes simplex). We may recommend preventive medication from your doctor.
- You have a history of keloid or raised scarring.
- You take blood thinners or have a bleeding or clotting condition.
- You have had recent radiation or chemotherapy, or have an autoimmune condition.
- You have had Botox or filler recently, or have a recent sunburn or tan.

7 days before

- Stop retinoids and retinol products (tretinoin, Retin-A, adapalene, retinol serums).
- Stop chemical exfoliants (glycolic, salicylic, lactic acids), scrubs, and exfoliating brushes or devices.
- Avoid waxing, threading, depilatory creams, and shaving the treatment area if possible.

3 to 5 days before

- Avoid direct sun, tanning beds, and self-tanner. Wear SPF 30+ daily.
- Avoid laser, peels, or other facial treatments.

24 to 48 hours before

- Avoid alcohol, which can increase redness and bruising.
- Ask your doctor whether you can pause aspirin, ibuprofen, fish oil, vitamin E, or ginkgo. Do not stop any prescribed medication without your doctor's approval.
- Stay well hydrated.

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Day of your Appointment

- Arrive with a clean, makeup-free face if you can. We will cleanse your skin before treatment.
- Do not apply any skincare actives (such as retinoids, AHAs/BHAs, or vitamin C)or heavy products beforehand.
- Plan to be out of the sun and free of major events for the next few days.
- Will need access to your clavicle and slightly below. A blanket will be available for disrobing.

After Your Appointment

What can be normal:

- Redness and warmth, similar to a mild sunburn, for 24 to 72 hours.
- Light pinpoint bleeding.
- Dryness, flaking, or rough, sandpaper-like texture for 3 to 7 days.

The first 24 hours

- Do not touch your face with unwashed hands, and do not pick, rub, or scratch.
- Do not apply makeup.
- Avoid exercise, sweating, saunas, steam rooms, hot tubs, and swimming.
- Avoid hot showers on your face. Use lukewarm water.
- Use only the products we recommend. Please use the take-home products by AcuLift that are included as part of the cost of your appointment. Use Calm spray as needed. (included)
- Sleep on a clean pillowcase.

Days 2 to 7

- Wash gently once or twice daily with a mild, fragrance-free cleanser and lukewarm water. Pat dry with a clean towel.
- Optional: If you have dry and flaking skin, you can gently exfoliate to speed up recovery. Do not use a chemical or harsh physical exfoliant; opt for just a washcloth. If skin feels sensitive, do not exfoliate yet; it will subside soon. Continue to hydrate the skin twice per day.
- Use take home products included with treatment until finished.
- Apply a broad-spectrum mineral SPF 30+ every morning, and reapply if outdoors. Limit sun exposure and wear a hat.

Avoid for 5 to 7 days

- Retinoids, retinol, vitamin C serums, and AHA/BHA acids.
- Exfoliating scrubs, brushes, and facial devices.
- Waxing, threading, laser, peels, and other facial treatments.
- Intense workouts, saunas, and swimming pools (chlorine).
- Direct sun and tanning.

Long-term

- Results build over several weeks as your skin produces new collagen. A series of treatments is often recommended.
- Daily sunscreen is essential for protecting your results.
- Your next treatment is typically spaced 4–6 weeks apart, as advised by your practitioner.