

SAGE & VINE

AESTHETICS

Microneedling

Pre-Operative Instructions for Microneedling

1–2 Weeks Before Treatment:

- Avoid sun exposure and tanning beds. No sunburns or active tans.
- Discontinue retinoids and exfoliants: Stop using products with Retin-A, tretinoin, AHAs/BHAs, benzoyl peroxide, and vitamin C at least 5–7 days before treatment.
- No waxing or chemical peels in the treatment area for 7 days before.
- Avoid Botox or fillers in the treatment area for at least 2 weeks prior.
- No antibiotics (unless cleared by your provider), as they can increase skin sensitivity.

3–5 Days Before:

- Hydrate well; drink plenty of water.
- Use a gentle cleanser and moisturizer.
- Avoid alcohol and NSAIDs (aspirin, ibuprofen) to reduce risk of bruising

Day of Treatment:

- Clean face with a gentle cleanser; do not wear makeup, lotions, sunscreen, or any skincare products.
- Arrive with a clean, bare face.
- Eat a light meal beforehand to avoid dizziness.
- Let the clinic know if you have a history of cold sores—an antiviral medication may be prescribed.

Post-Operative Instructions for Microneedling

Immediately After (First 24 Hours):

- Expect redness, mild swelling, and a “sunburned” look for up to 24–48 hours.
- Skin may feel tight, dry, and sensitive.
- Do not touch or pick the treated area.
- Use only the approved post-care serum or moisturizer (often hyaluronic acid).
- No makeup, sunscreen, or unapproved products for 24 hours.

First 48–72 Hours:

- Cleanse with a gentle, non-exfoliating cleanser (lukewarm water, no scrubbing).
- Apply a hydrating serum and a gentle moisturizer.
- Avoid intense workouts, saunas, and heat exposure.
- No sun exposure. Wear a wide-brim hat if going outdoors.

After 72 Hours (Day 3–7):

- You may resume wearing mineral-based sunscreen and light makeup.
- Avoid active ingredients (retinol, acids, exfoliants) for at least 5–7 days or as advised.
- Peeling or dryness may occur, do not pick or exfoliate.
- Continue using hydrating products and sunscreen.

1 Week and Beyond:

- Resume regular skincare once the skin is fully healed (typically 5–7 days).
- For best results, follow your provider’s recommendation on a series of treatments (usually 3–6 sessions, 4–6 weeks apart).
- Use sun protection daily to maintain results.

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What You May Experience

- Mild redness, warmth, or swelling for the first 24–48 hours (like a light sunburn)
- Possible skin tightness or dryness
- Slight flaking or peeling after a few days (this is part of the natural healing process)

Aftercare Tips

- Keep skin clean and hydrated with a gentle cleanser and hyaluronic acid serum
- Use only products recommended by your provider for the first few days
- Avoid makeup, sunscreen, and other products for the first 24–48 hours
- After 48 hours, apply mineral sunscreen (SPF 30+) daily to protect healing skin
- Stay well-hydrated and avoid anything that may irritate your skin

Avoid for 3–5 Days:

- Sun exposure
- Sweating, heavy workouts, or saunas
- Harsh skincare products (retinoids, exfoliants, AHAs/BHAs, vitamin C)
- Picking or touching the treated area unnecessarily

What's Next?:

Microneedling results develop gradually as collagen regenerates. For best outcomes, we recommend a series of 3–6 treatments spaced 4–6 weeks apart, depending on your goals.
