



Microneedling: Pre & Post Care

"Because poking tiny holes in your face is actually a beauty breakthrough." 😊✨



Before Your Treatment

🚫 NO Accutane

No Accutane (Isotretinoin) for **6 months** before your appointment. Not even a little. It's a hard pass.

✗ Stop Topical Retinoids

All retinoids (like **Retin-A**) must be stopped **7 days** before your treatment. Think of this as giving your skin a much-needed vacation before the big event.

😊 Optional Numbing Cream

Crystal Skin offers **numbing cream** — just ask when booking. You'll receive instructions on how to apply it. (Highly recommended if you're not friends with needles... yet.)



During the Procedure



The Process

Your skin will be cleansed, then the **microneedling device** (aka your glow-up wand) will be passed over the area. Tiny sterilized needles **create micro-injuries** to kickstart collagen production and improve skin texture.



Afterward, a **vitamin-infused serum** is applied to penetrate those fresh new channels. (Think: superfood smoothie for your skin.)



What You'll Feel

Most describe it as **light sandpaper** brushing across the skin. Not painful — just... tingly and weirdly satisfying.



Treatment Time

About **30–60 minutes**, depending on the size of the area being treated. Worth every minute.



After Care

First 24 Hours

-  **Redness, tightness, swelling?** Totally normal. Your skin's just reacting to its spa day.
 -  **Wait 1 hour** post-treatment before applying **sunscreen or makeup**.
 -  Before bed: **Gently wash** and **moisturize** (no scrubbing!).
 -  Avoid **sun or UV exposure**.
 -  ♀ Avoid **sweating, saunas, Jacuzzis, hot yoga, or intense workouts**.
 -  **Stay hydrated** — your skin will love you for it.
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Next 7 Days

-  Irritation and redness may hang around for a few days — it's all part of the healing journey.
 -  Wear **SPF daily** and avoid direct sun.
 -  **NO scrubbing**
 -  **NO AHAs, retinol, or chemical exfoliants**
 -  Continue drinking water like you're training for a hydration marathon.
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After Day 7

 You made it! Now you can return to your **normal skincare routine**.

 Expect to see **glowing results in a few weeks**.

 **Multiple sessions = maximum results** (Just like your muscle, your collagen doesn't grow overnight).

 If anything feels off (excessive redness, bruising, swelling), **call Crystal Skin at 801-498-7873**. Better safe than spotty.

💎 *Microneedling isn't magic — it just feels that way after a few sessions.* 💎