



The Beauty Barn

Microneedling Skin Care Instructions

Thank you for choosing The Beauty Barn for your skincare needs!

Preparing for Your Procedure

- It is important to avoid sun exposure for 48 hours prior to the procedure. You should also avoid self-tanner/spray tans for 48 hours prior.
- The procedure cannot be performed on active breakouts or open lesions. Contact us if you have any concerns or new conditions arise before your appointment.
- If you have a history of herpes simplex virus (aka cold sores), please notify us as prophylaxis therapy may be needed prior to the procedure.
- You should not have this procedure done if you have been on Accutane (isotretinoin) in the last 6 months.
- Stop using topical products that contain Retinol or Vitamin A for 72 hours prior to your procedure.
- If you are on autoimmune therapy, ask your prescribing physician if you need to hold any of the medications prior to the procedure.

After Your Procedure

- The treated area may be pink and mildly inflamed (similar to appearance of a mild sunburn) for 24-48 hours following the procedure.
- Water only with gentle pat dry to cleanse skin for first 24 hours.
- Avoid excessive perspiration on the day of the procedure, as it may increase irritation to the skin.
- Avoid any topical products (other than what we provide or recommend to you at the time of procedure) for 24-48 hours following the procedure (this includes, but not limited to cosmetics and cleansers).
- STRICTLY avoid sun exposure the day of the procedure and continue to minimize exposure for the week following.
- If you must be exposed to sun, shade your face as much as possible and apply a gentle sunscreen.
- Your skin may lightly flake or peel in the days following the procedure. This is normal and this is part of the process. You can use a gentle moisturizer during this time (Aquaphor, CeraVe, SkinMedica HA5), but DO NOT PICK or PEEL the flaking skin as it may cause scarring.

Please feel free to contact us with any additional questions or concerns -beautybarn427@gmail.com.