



R U M A
aesthetics

MICRONEEDLING

PRE AND POST CARE

PRE-TREATMENT CARE:

- If okayed by your healthcare provider, do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve, etc. for at least two weeks prior to your treatment.
- Avoid alcohol at least three days prior to your appointment. This will help diminish the swelling after your treatment.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment.
- Please avoid at-home exfoliating within 3 days prior to your treatment, such as; at-home dermaplaning, shaving, chemical peels, masks and retinols. Please speak with your skin health provider about products or treatments you're currently using at home prior to your treatment to ensure the best outcome.
- Please keep in mind injections can be performed after any microneedling treatment. You must wait 2 weeks after you have been injected to receive any Microneedling treatment.
- You cannot be pregnant.
- No self tanner.

POST-TREATMENT CARE:

- To maximize your treatment during the first 4-6 hours, we recommend using Alastin Regenerating Skin Nectar or ZO Growth Factor Serum to help with the healing process. Please apply the skin brightening mask the evening of your treatment. It can be placed in the fridge prior to application which will aid in inflammatory and erythemic relief.
- Slight itchininess and irritation can be felt, similar to a sunburn, for up to 72 hours post treatment. We highly recommend The Goodnight Co. Silk pillowcase to help increase the hydration in your skin long term.
- Avoid makeup and sunscreen for 24 hours (with the exception of Jane Iredale foundation and ZO or Alastin SPF)
- Avoid exercise and high heat activities for 24 hours.
- Protect your skin from the sun for 24 hours.
- Stay well hydrated.
- Avoid alcohol for 72 hours.

If you have any questions before or after your appointment, you can email us at [info@rumaesthetics](mailto:info@rumaesthetics.com) or call/text us at 801-529-8628.

Thank you for choosing RUMA Aesthetics!