

SkinCredible

WICHITA • PHYSICIAN-LED AESTHETICS

Microneedling

MICRONEEDLING • PRE-CARE

Before Your Treatment

PREPARE YOUR SKIN

To reduce bruising and get the best results, please follow these before your visit.

- Avoid dermal fillers and Botox for **2 weeks before and after** treatment.
- **One week before:** if possible, avoid blood thinners & anti-inflammatories — ibuprofen, Motrin, aspirin, fish oil, vitamin E, ginkgo, garlic, omega, St. John's Wort (don't stop prescribed blood thinners without your doctor).
- **Three days before:** stop Retin-A, retinol, tretinoin, Differin, glycolic acid, hydroquinone, scrubs, peels, and harsh treatments.
- Tell us about any cold-sore history — an antiviral may be needed for treatment near the mouth. Reschedule (24 hrs ahead) if a cold sore, rash, or blemish develops in the area. Will need prescription medicine for breakout.
- Stay hydrated with healthy skin.
- Not recommended if pregnant/breastfeeding or with active acne, rash, or infection in the area.

DAY OF TREATMENT

- Arrive with a clean face — no makeup, lotions, or skincare products.
- Mild discomfort and redness are expected. You may take Tylenol® beforehand (avoid ibuprofen/aspirin).

Questions before your visit? Call 316-978-0287

SkinCredible Wichita • 3161 N Rock Rd, Suite B, Wichita, KS 67226
Regenerative Beauty

Protocol reviewed by Samrah Mansoor, MD, FAAFP, FCUCM

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AFTERCARE & HEALING

After Your Treatment — Care

FIRST 48 HOURS

Redness, swelling, pinpoint bleeding, and mild sensitivity are normal.

- Don't touch, rub, or wash the area for 8 hours (avoid unwashed hands); no makeup, lotions, or creams for 48 hours — use only gentle products we recommend.
- Avoid sun, vigorous exercise, saunas, and hot tubs for at least 48 hours.

DAYS 3–7 & BEYOND

- Continue a gentle cleanser & moisturizer; peeling or flaking is normal — don't pick or exfoliate.
- Start broad-spectrum SPF 30+ daily beginning **48 hours** after treatment.
- No retinol, AHAs, BHAs, or harsh products for 5–7 days.
- Avoid aspirin, ibuprofen, Aleve & Motrin for one week (they reduce healing)— use Tylenol®.
- Keep a clean pillowcase and wipe your phone & glasses with alcohol for 3 days.

CALL US — 316-978-0287

Contact our office if you experience:

- Excessive swelling, redness, or pain; signs of infection (pus, warmth, extreme tenderness); or unusual skin reaction.

Concerns after your visit? Call 316-978-0287

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