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## Microneedling Pre & Post Care

### New Skin by Lynn Signature Microneedling Session

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Whether you are preparing for your upcoming microneedling session or recovering from one — this guide covers everything you need to know. Following these instructions carefully ensures the best possible results and minimizes the risk of complications.

**At New Skin by Lynn we want the best possible outcome for your skin — following this protocol precisely is the single most important thing you can do to protect your results and ensure your skin heals beautifully.**

#### PRE-TREATMENT PREPARATION

Please follow these guidelines before your microneedling appointment to ensure your skin is optimally prepared and your treatment can proceed safely.

##### Discontinue 6 Months Prior:

- **Accutane** — discontinue Accutane (isotretinoin) at least **6 months** before treatment. Active or recent Accutane use is a contraindication for microneedling.

##### Discontinue 2 Weeks Prior:

- **IPL and laser treatments** — no IPL or laser procedures for at least **2 weeks** before your appointment.
- **Sun exposure and tanning** — avoid unprotected sun exposure, tanning beds, and self-tanners for at least **2 weeks** before treatment.

##### Discontinue 1 Week Prior:

- **AHAs** — discontinue all alpha hydroxy acid products including glycolic and lactic acids.
- **Topical antibiotics** — discontinue topical antibiotic products.
- **Anti-inflammatory medications** — avoid aspirin, ibuprofen, naproxen, and other anti-inflammatory medications unless medically necessary — consult your physician before stopping any prescribed medications.
- **Benzoyl peroxide** — discontinue benzoyl peroxide acne products.
- **BHAs and salicylic acid** — discontinue all beta hydroxy acid products including salicylic acid.
- **Exfoliating products** — discontinue all exfoliating products including exfoliating masks.
- **Hydroquinone** — discontinue hydroquinone products.
- **Retinoids** — discontinue all topical retinoids and retinol products.

### Day of Treatment:

- **Clean skin** — arrive with completely clean skin — no makeup, lotion, oil, perfume, or sunscreen on the treatment area.
- **Health updates** — inform Lynn of any changes in your medical history or medications since your last visit.

### Contraindications — Please Inform Lynn if Any Apply:

- Actively infected or inflamed skin in the treatment area
- Known allergy to topical lidocaine numbing cream
- Cystic acne in the treatment area
- Keloid scars
- Pregnancy
- Active skin irritation or sensitivity
- Recent or current sunburn

## POST-TREATMENT CARE

### First 24-48 Hours — General Guidelines

- **Cleanse** — gently wash the treated area twice daily with lukewarm fragrance-free cleanser. Pat dry with a clean soft towel — do not rub.
- **Moisturize** — apply a gentle fragrance-free moisturizer to soothe and hydrate the skin.
- **No makeup** — for at least 24 hours or as advised by Lynn.
- **Elevate your head** — while sleeping to minimize swelling.
- **No alcohol** — for 24 hours — can dehydrate and irritate healing skin.
- **Avoid** — strenuous exercise, excessive sweating, and tight-fitting clothing on the treated area.
- **No hot water on the face** — hot water irritates newly treated skin and can trigger inflammation. Use lukewarm water only when cleansing.
- **No hot showers, hot baths, saunas, steam rooms, hot tubs, or jacuzzis** — for at least **two weeks** — heat compromises the healing process and increases the risk of pigmentation irregularities.

## DAYS 3-7

- **Continue** — gentle cleansing and moisturizing routine.
- **No exfoliation** — for at least one week.
- **Do not pick, scratch, or rub** — the treated area — allow any flaking or peeling to resolve naturally.
- Continue strict sun protection.

**Sun protection is NOT optional — it is an essential part of your treatment protocol.**

## SUN PROTECTION — CRITICAL

Microneedling creates controlled micro-channels in the skin — leaving new fresh skin that is significantly more vulnerable to UV damage than normal. Failure to protect skin from sun exposure during the healing

phase is one of the most common causes of post-treatment pigmentation issues — including both hyperpigmentation (darkening) and hypopigmentation (lightening).

- **No sunbathing** — avoid direct sun exposure for at least two weeks following treatment.
- **No tanning beds** — for a minimum of two weeks.
- **Wear SPF 30+ broad-spectrum sunscreen** — every day — even on cloudy days and when indoors near windows.
- **Reapply sunscreen every two hours** — when outdoors.
- **Wear a wide-brim hat** — when outdoors during the healing phase.

## SKINCARE PRODUCTS — AVOID FOR THE FIRST FEW DAYS

- Exfoliants and scrubs
- Retinols and retinoids
- Vitamin C serums
- AHAs and BHAs
- Harsh chemicals and active ingredients
- Scented or fragranced products

## HEALING TIMELINE

Timeline	Stage	What to Expect
First 24-48 hours	Redness and Swelling	Similar to a mild sunburn
Days 1-3	Sensitivity	Skin feels tight and sensitive to touch
Days 3-5	Peeling and Flaking	Light flaking may occur — do not pick
Days 5-7	Surface Healing	Skin appears normal
Up to 2 months	Collagen Building	Results continue improving as new collagen forms

## WHEN TO CONTACT US

Contact New Skin by Lynn promptly if you experience:

- Prolonged redness or swelling beyond 48-72 hours
- Signs of infection — increased warmth, swelling, or discharge
- Blistering or open skin
- Unexpected pigmentation changes
- Any symptoms that concern you

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**Phone or Text: 650-484-4404**

If Lynn has given you instructions that differ from this general guide — always follow Lynn's personalized instructions.

All treatments at New Skin by Lynn — San Mateo's boutique medical aesthetics practice — are performed under physician medical direction as required by California law.

*At New Skin by Lynn we believe that optimal results come from the partnership between clinical expertise and client commitment to aftercare.*

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