VOLTO D'ANGELO AESTHETICS · ANIS CALDERAIO, RN

Your Microneedling Prep, Recovery & Aftercare Guide

Print it, stick it on the fridge, and check each box as you go.

Name: _____ Appointment date: _____

1 Week Before

- [ ] Stop fish oil and the supplements and pain relievers listed below.
- [ ] Shop your recovery kit (list below).
- [ ] Watch for my text with my recommended products.

3–5 Days Before

- [ ] Pause retinol, exfoliating acids and scrubs.
- [ ] Avoid sunburn, tanning and tanning beds.

Treatment Day

- [ ] Come with clean skin and no makeup.
- [ ] Have your recovery kit ready at home.
- [ ] Ask me any questions during your aftercare review.

1–3 Days After

- [ ] Rest at home and stay out of the sun.
- [ ] Keep skin hydrated with your kit products only.
- [ ] No makeup, workouts, swimming or saunas (see aftercare).

Stop At Least 7 Days Before

Fish oil / omega-3, vitamin E, ginkgo, garlic and turmeric supplements, and pain relievers like ibuprofen (Advil, Motrin), naproxen (Aleve) and aspirin. Wait 48–72 hours after treatment before restarting.

Why: they thin the blood, so you may bruise and bleed more, and they can weaken your PRF and your results.

Prescribed by a doctor? If a doctor prescribed your fish oil (for example, for triglycerides), aspirin or a blood thinner, do not stop it on your own. Ask your prescriber first, and tell us before your appointment.

Your At-Home Recovery Kit

For the first 3 days your micro-channels are open. Keep it plain: no fragrance, no additives, the fewer ingredients the better.

- [ ] **Gentle, fragrance-free cleanser**
  No perfume, scrubs, acids or beads.
- [ ] **Sterile hyaluronic acid ampoules**
  Single-use 1–2 mL ampoules, opened fresh each time.
- [ ] **Water-based moisturizer**
  Made for the face. No lanolin, heavy oils or fragrance.
- [ ] **Copper peptide serum**
  Start 24 hours after treatment. Patch test first.
- [ ] **Mineral sunscreen SPF 30+**
  Zinc oxide and/or titanium dioxide only. Tinted is fine.
- [ ] **Clean pillowcase & soft towel**
  Fresh for the first night.

Questions? Text 240-549-0898. We reply as soon as we can, usually within 24 hours. For a medical emergency, call 911.

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Microneedling Aftercare

For microneedling with or without PRF. Steps marked (PRF) apply only if you had PRF.

Every Day For The First Week

- Wash your hands before touching your face.
- Use only the products recommended here. No other moisturizers, toners or serums this week.
- Avoid the sun through Day 5. Outdoors after Day 1: mineral sunscreen SPF 30+ and a wide-brimmed hat. Check the label: the active ingredients must be only zinc oxide and/or titanium dioxide. Tinted is fine.
- No alcohol or smoking for 24–48 hours.
- No workouts, saunas, swimming or hot showers for 48 hours.
- Do not pick or rub flaking skin. Patch test any new product first.
- Wait 48–72 hours before restarting fish oil, omega-3 or the other supplements and pain relievers you stopped, unless your doctor tells you otherwise.

Treatment Day (First 24 Hours)

Your skin may feel like a mild sunburn: red, warm and tight. This is normal.

- No makeup.
- PRF Leave the PRF on your skin. Do not wash your face or apply products until bedtime.
- PRF If you have leftover PRF, apply it with clean hands 2–3 hours after treatment.
- If your skin feels tight, apply a sterile, single-use hyaluronic acid ampoule (1–2 mL). Open a fresh one each time and throw away what is left.
- Only if your skin is extremely dry: a very thin layer of a fragrance-free barrier ointment (such as CeraVe Healing Ointment).

Before bed: (1) cleanse gently with lukewarm water or a mild, fragrance-free cleanser; (2) a fresh sterile hyaluronic acid ampoule; (3) a water-based, fragrance-free moisturizer. Barrier ointment only if extremely dry, in a very thin layer.

Days 1–5 (Early Healing)

Morning

1. Cleanse gently.
2. Copper peptide: start 24 hours after treatment (patch test first: try it on a small spot to make sure your skin tolerates it). One drop on the forehead and two on each cheek, spread thinly.
3. Hydrating serum (sterile hyaluronic acid ampoule).
4. Water-based, fragrance-free moisturizer.
5. Mineral sunscreen only, SPF 30+ (tinted is fine).

During the day

- If skin feels dry, reapply copper peptide and moisturizer.

Before bed

1. Cleanse gently.
2. Copper peptide.
3. Hydrating serum.
4. Water-based moisturizer.

Day 3 And After

- Soothing or peptide serums may be added once irritation has calmed.
- Low-strength niacinamide is optional: patch test first and stop if it stings.

Day 7 And After

- You may restart retinoids (Retin-A, if prescribed), exfoliating acids (AHA/BHA) and vitamin C.
- Continue copper peptide and hydrating serum until the bottles run out.
- Wear sunscreen every day to protect your new skin.

Avoid During The First Week

Retinoids, AHAs/BHAs, high-strength vitamin C, scrubs, toners with alcohol or fragrance, chemical sunscreens, makeup for the first 24–48 hours, heavy exercise, heat, alcohol and smoking.

When To Contact Us

Text 240-549-0898 if redness, swelling or discomfort gets worse instead of better after 3 days, or if you notice pus, crusting, spreading redness or fever. For a medical emergency, call 911.

Your Next Session

Schedule your next microneedling session 4–6 weeks after this one. If you use an at-home roller, never go deeper than 0.5 mm; ask us for a safe routine.

Suggested Products

Hydration	Sterile, single-use hyaluronic acid ampoules (1–2 mL, sold online): open fresh, use once
Moisturizer (water-based)	Cocokind Electrolyte Water Cream (fine from treatment day) · CeraVe PM Facial Moisturizing Lotion · Vanicream Moisturizing Cream for very sensitive skin
Copper peptide	Biossance Squalane + Copper Peptide Rapid Plumping Serum, from 24 hours after, patch tested
Mineral sunscreen	CeraVe Hydrating Mineral Sunscreen SPF 30 (face version, tinted available) · EltaMD UV Physical SPF 41 (tinted)
Only if extremely dry	CeraVe Healing Ointment, very thin layer
Day 3 and after	Peptide serums (e.g. The Ordinary Multi-Peptide + Copper Peptides 1%) · soothing serums (e.g. SkinCeuticals Phyto Corrective Gel) · low-strength niacinamide, patch tested

Responses and healing times vary. Suggested products are widely used and gentle, but please review ingredient lists and patch test; contact us before using anything not listed here.