

Precare & Postcare  
Sylfirm X & Micro-needling Treatment

Sylfirm X & Micro-needling:  
**treatment**

Dolce Vida Medical Spa

# PRECARE SYLFIRM X & MICRO-NEEDLING: TREATMENT

01

Avoid Sun Exposure:

Stay out of direct sun and skip tanning (beds, self-tanners, or sprays) for 3–4 weeks before treatment.

02

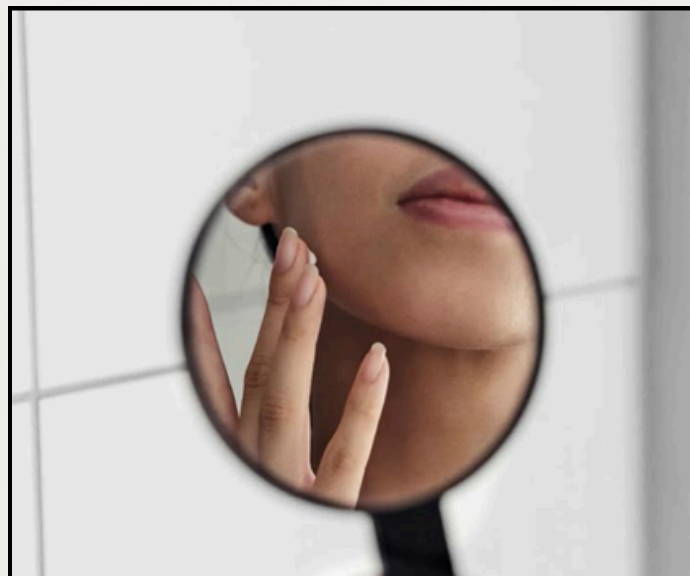
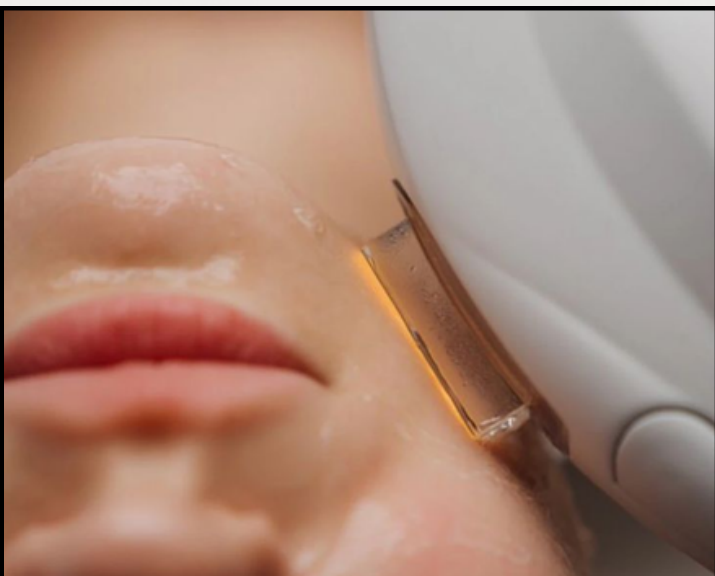
Discontinue Active Skincare:

Stop using retinoids, AHAs/BHAs, and exfoliants for 5–7 days pre-treatment.

Arrive with Clean Skin:

04

Come to your appointment with no makeup, lotion, perfume, or deodorant on the treatment area.





# POSTCARE SYLFIRM X & MICRO-NEEDLING: TREATMENT

01

Do NOT exfoliate, masque or use abrasive exfoliants (washcloths) on the face for 5-7 days after treatment.

02

Begin exfoliating 2 weeks post treatment.

03

Best results are achieved with 3-5 treatments performed 4 weeks apart.

04

If swelling occurs, you may apply cold compresses for up to 48 hours.

