

Microneedling: Pre-Treatment Instructions

BEFORE TREATMENT

- Avoid Accutane in the six months prior to beginning treatments.
- Avoid topical retinoids, exfoliants, acids, & antibiotic 7 days before treatment.
- Unless prescribed by your doctor, do not take anti-inflammatory or blood thinning medications at least 3 days prior to microneedling. These will interfere with the natural inflammatory process that is critical for your skin rejuvenation.
- Avoid IPL/Laser procedures, unprotected sun exposure, or sunburn for at least 2 weeks prior to your procedure.
- Avoid filler for 1 month prior to treatment, as the effects of microneedling on filler are unknown.
- Botox can be performed 2 weeks before or 2 weeks after microneedling.
- No waxing, depilatory creams, or electrolysis to the area being treated for 5-7 days prior. Do not shave the day of the procedure to avoid skin irritation. If there's dense hair present in the treatment area, shave the day before you arrive for your appointment.
- If you're prone to cold sores, take an antiviral agent for 2 days prior to and the day of the treatment.

DAY OF TREATMENT

- Please wash face prior to appointment. Skin should be clean without lotion, oil, makeup, powder, perfume or sunscreen.
- Inform provider of any relevant changes in your medical history and of all medications you are taking.
- Notify provider of any cosmetic tattoos to areas being treated.
- Topical Lidocaine will be applied in office for 20-30 min prior to treatment.

CONTRAINDICATIONS

- Active acne, moderate to severe skin conditions (psoriasis, eczema), local infection (warts, herpes zoster), pregnancy or breastfeeding, blood disorders (hemophilia), on blood thinners, longterm use prednisone/steroids, skin cancer, chemo /radiation therapy, keloids easily, HIV/AIDS, connective tissue/autoimmune disorder (lupus), nickel/stainless allergies

Microneedling: Post-Treatment Instructions

AFTER TREATMENT

- Immediately after you will be red and flushed, similar to a sunburn. This is expected and should resolve in 3-5 days.
- Your skin may be swollen, dry, and tight, with slight sloughing. This is normal and should resolve within 3-7 days. DO NOT physically peel any skin off as this can cause scarring and/or hyperpigmentation that can be permanent.
- Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment.
- Avoid all topical agents and exfoliants for 7 days (retinol, BHA, AHA, Vitamin C, Salicylic acid.)
- Always protect the skin against sun damage with SPF 30+ and wide-brim hat.
- Usually, best results are seen with a series of 3-4 treatments, depending on each patient's skin quality and goals. For certain treatments such as acne scarring, it is typical to expect to have a series of 6-8 treatments for best results.

Day 1:

- Avoid any face products other than serum provided by provider.
- Avoid swimming, exercise, and activities that cause excess sweating.
- Avoid all sun exposure.
- Sleep on your back to prevent discomfort and infection of treatment area.

Day 2-3:

- Dryness and peeling will start 2-5 days after treatment; do not pick it.
- Use gentle cleanser without any active ingredients, hydrate with hyaluronic serum and gentle moisturizer regularly.
- Use SPF 30+ indoor/outdoor and wide-brim hat.

Day 4-6:

- You may restart makeup routine and continue with gentle cleanser, serum, and gentle moisturizer.
- You may restart exercise if inflammation has gone down.

Day 7:

- Skin should be fully healed and back to normal.
- You may restart your regular skincare routine.
- Continue SPF 30+ every day since new skin will be sensitive to light.