

Pre-Treatment Microneedling:

- No use of retinoids or retinols 7 days prior to your treatment.
- No use of Accutane within the last 6 months.
- No immune compromising treatments 24 hours prior to your treatment.
- No prolonged sun exposure to the face 24 hours prior to your treatment. A Microneedling treatment will not be administered on sunburned skin.
- On the day of the treatment, please keep your face clean and do not apply makeup.
- Avoid blood thinners and NSAID's (i.e., Aspirin, Motrin, Ibuprofen, Aleve), Gingko Biloba, Garlic, Turmeric, Flax Oil, Fish Oil, Vitamin E, or any other essential fatty acids at least 3 days prior to and 1 week after your treatment (contact your prescribing physician if you are taking a prescription blood thinner).
- If you are planning to receive Botox, make sure that you give yourself at least 2 weeks post Botox injections before receiving your Microneedling procedure.
- If an active or extreme breakout occurs before treatment, please consult your provider.

Post-Treatment Microneedling:

- Post treatment stinging can be alleviated by the application of gauze soaked in cold water. DO NOT APPLY ICE.
- Avoid the use of any skin care products or make-up for 24 hours following treatment.
- The use of a freshly clean pillowcase the night of treatment is recommended.
- The treated area should be gently washed at least twice daily with mild soap and water 24 hours after treatment (DO NOT wash day of treatment).
- A crust may form over the treated lesion. Do not rub or forcefully remove the crust, allow crusts to fall off naturally. If a crust is forcefully removed, scarring may occur.
- Avoid prolonged sun exposure for 1 week after treatment. Use a medical grade broad spectrum UVA/UVB of SPF 30 or greater at all waking hours after 4-5 days once the crust has fallen off.
- Your provider may apply a calming moisturizer post treatment.
- Stay well hydrated following treatment, especially if PRP was used.

Expected Skin Reactions and Results:

- Redness, itchiness, and tightness can be expected for the 1st week following treatment.
- Brighter skin tone and significant reduction in sebum secretion in oily skin types may be noticed 1 week post treatment.
- One month post treatment patients may experience continuous improvement of fine lines & wrinkles, skin laxity, pore size and scars.

