**Microneedling Pre & Post Treatment Instructions**

Micro-needling is a safe natural, holistic alternative for resurfacing the skin using microneedles, without an aggressive machine, which is safe for all skin types.

**PRE – TREATMENT INSTRUCTIONS**

* Avoid Accutane for the past 6 months
* No Retin-A products or applications 5 days prior to your treatment.
* No auto-immune therapies or products 24 hours prior to your treatment.
* No prolonged sun exposure to the face 48 hours prior to your treatment. A microneedling treatment will not be administered on sunburned skin.
* No topical antibiotics or exfoliates 5 days prior to treatment.
* No facials or face masks 7 days prior to treatment.
* If you are taking a blood thinner, aspirin or any other medication that you have the propensity to bleed easily while on, please tell your healthcare provider. If you are on a prescription blood thinner, it is highly likely you will not be able to undergo a microneedling treatment. Please call our office to discuss. **Do not stop any blood thinning medications that are prescribed to you by your healthcare provider.**
* 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 acne breakout occurs before treatment, please consult your practitioner. It is likely your treatment will have to be postponed until the breakout subsides.
* If you have a history of cold sores or fever blisters it is recommended that you pre-treat with antivirals prior to you microneedling appointment for 2 days before and 3 days after treatment. Contact your healthcare provider.
* If you have an active infections, eczema, or psoriasis on your face, you will not be able to undergo a microneedling treatment.

Avoid taking any anti-inflammatory medications such as ibuprofen, Motrin or Advil for 3 days prior to treatment. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.

Avoidance of: IPL/Laser procedures for 2 weeks prior, waxing, depilatory (hair removal) creams or electrolysis to area being treated 5-7 days prior.

No shaving the day of the procedure to avoid skin irritation. If there is dense hair present in the treatment area, closely shave the area the day before you arrive to your appointment. Moles, warts or actinic (solar) keratosis cannot be treated.

Bruising is a common risk. Avoid blood thinning agents (aspirin, fish oil, Omega-3, Vitamin E) for 1 week prior. You may resume these the day after treatment. **DO NOT STOP ASPIRIN IF PRESCRIBED BY A HEALTHCARE PROVIDER.**

**CONTRAINDICATIONS:** Pregnancy, actively infected or actively inflamed skin, skin irritation, cystic acne to area being treated, keloid scars, allergies to topical lidocaine and sunburn.

**DAY OF TREATMENT:**

* Arrive to your appointment on time, with all paperwork completed prior, and with clean skin, without lotion, oil, makeup, powder, 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 20-25 minutes prior to treatment.

**POST – TREATMENT INSTRUCTIONS**

* Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. You may also notice some slight swelling, both are normal and should subside after 1 to 2 hours and will normally diminish within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots. If you are concerned about any reaction, please call/text Mindy at 540-445-1623 or contact your Primary care provider immediately.
* Do not take any anti-inflammatory medications such as ibuprofen Motrin or Advil for 1 week. You may take Tylenol if needed.
* DO NOT apply ice to your face, use arnica, or bromelain. These agents may interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
* Avoid sun tanning and prolonged exposure to direct sunlight for 2 weeks. After 24 hours, always use a full spectrum sun screen SPF30 or above. When exposed to sun, wear a hat and apply sunscreen every 2 hours.
* Avoid strenuous exercises that cause sweating, Jacuzzi, saunas, steam baths/showers, or sitting under a hair dryer for 24 hours due to open pores, or up to 48 hours if inflammation exists.
* Recommendation is to only use makeup after 24 hours, if necessary.
* For at least 3 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C or face exfoliants (wait for all redness and any peeling to subside before resuming use).
* Do not go swimming for at least 24 hours post-treatment.
* It is recommended you not shower until the following day as the hot water can lead to increased inflammation and discomfort.

**Post Care**

**DAY 1-3:** A sunburn -like effect is normal. The skin will feel tight, dry, sensitive to touch. Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment. Redness or sensitivity might well be present and can last 2-4 days depending on how aggressive of a treatment you received. You may apply post treatment balm/nectar as needed.

**DAY 2-7**:  After the initial 24 hours, apply a broad-spectrum UVA/UVB sunscreen with a minimum SPF 30 for two weeks. A chemical-free sunscreen is highly recommended. Peeling may start 3-5 days after treatment. You will notice skin dryness and flaking. This is due to an increased turnover of skin cells. Do not pick, scratch or scrub at treated skin! Allow old skin to flake off naturally and keep moisturized AT ALL TIMES with Hyaluronic serum for face and neck, post-treatment balm/nectar, or a fragrance-free moisturizer.

**DAY 5-7:** You may restart your regular skin care products and Retin-A once your skin is no longer irritated.  Many patients have noticed continued skin improvement for months following the last treatment.

For best results, we recommend follow up and repeat treatments in 4-6 weeks and a series of 3 treatments for best optimal results.

If you have any additional questions or concerns, please feel free to reach out to Mindy at via phone or text at (540)-445-1623. If your matter is urgent please call your primary care provider or seek emergency medical treatment if necessary.