

MICRONEEDLING PRE AND POST-CARE

Pre-Care:

- Discontinue Accutane at least 9 months prior
- Do not use topical agents that may increase sensitivity of skin (retinoids, topical antibiotics, exfoliants, AHA's, BHA's, exfoliating masks, hydroquinone, benzoyl peroxide acne products) 7 days prior to treatment
- Do not take any anti-inflammatory medications such as ibuprofen, Motrin, or advil for 3 days prior to appointment
- Avoid laser resurfacing treatments for 4 weeks prior to treatment
- Avoid direct sun exposure, tanning beds, spray tanning/creams for 10-14 days prior to treatment
- No waxing, depilatory creams, or electrolysis to area being treated 7 days prior
- No shaving the day of procedure
- If you are prone to cold sores, take antiviral agent for 2 days prior and day of treatment
- Bruising is a common risk, please avoid blood thinning agents for 7 days prior to treatment. May resume day after.
- No Botox or fillers 14 days prior to treatment
- No resurfacing treatments (chemical peels, etc) for 4 weeks prior to treatment

Preparing Skin:

- Preparing the skin for this procedure will ensure optimum results. Healthy skin will respond better & results will last longer
- Collagen supplements are always great, and especially good for optimal healing
- Any skincare for pre-conditioning will be recommended during the consultation. Pre-conditioning can be anywhere between 2-6 weeks

Contraindications:

- Pregnant/breastfeeding
- Active skin infection
- Actively inflamed skin
- Skin irritation
- Cystic acne on treatment area
- Keloid scars or history of keloid scarring
- Allergies to topical lidocain
- Sunburn

Day of Treatment:

- Come with clean skin without lotion, oil, makeup, powder, perfume or sunscreen. We will wash face in office
- Inform provider of any relevant changes in your medical history & all medications currently taking
- Notify provider of any cosmetic tattoos in treatment area
- Topical numbing cream will be applied in office 30-45 minutes prior to treatment

Post-Care:

- Do not take any anti-inflammatory medications for 1 week
- Do NOT ice face or use arnica or bromelain
- Avoid direct sun exposure, tanning beds, spray tanning/creams for at least 2 weeks
- After 24 hours always use a full spectrum SPF 30 or above
- If you must be in the sun, wear a hat and apply SPF every 2 hours
- Use Tylenol only as needed for any soreness
- Avoiding sugar will assist in the healing process

Days 1-3:

- A sunburn like effect is normal. The skin will feel tight, dry, & sensitive to touch
- Treat skin gently and wash with the gentle cleanser provided, cool water, using hands only, and pat dry.
- Do not wash face until the next morning after treatment
- Swelling can last 2-4 days depending on how aggressive treatment was
- Avoid exercise, sweating, sauna, hot tubs, for 48 hours
- No makeup for first 24 hours, and use mineral makeup only after 24 hours
- Sleep on your back with head slightly elevated to minimize swelling or pain

Days 2-7:

- May start seeing some peeling 3-5 days after treatment. Do not pick, scratch or scrub! Allow old skin to flake off naturally and keep moisturized at all times with moisturizer provided, or a good Hyaluronic serum, and TGF-growth factors
- Please let me know if you need any recommendations

Days 5-7:

- You may restart your regular skincare products and Retinoids once skin is completely healed
- Many patients have noticed continued skin improvement for months following the last treatment
- For best results, a series of 3-5 treatments performed 4-6 weeks apart, is recommended