

Pre-Microneedling Procedure Instructions

To maximize the effectiveness of your microneedling treatment and minimize potential complications, please follow these pre-procedure guidelines:

1. Medication and Supplements:

- Avoid taking blood-thinning medications such as aspirin, ibuprofen, or naproxen for at least one week prior to your appointment to reduce the risk of bruising.
- Discontinue any supplements that may increase bleeding, such as vitamin E, fish oil, and certain herbal supplements like ginkgo biloba, at least one week before your treatment.
- Stop using any topical treatments containing retinoids, tretinoin, or other potent exfoliants for at least one week before the procedure to minimize skin irritation.

2. Alcohol and Dietary Considerations:

- Refrain from consuming alcoholic beverages 24 hours before your treatment as alcohol can increase swelling and bruising.
- Maintain good hydration but avoid excessive caffeine and high-sodium foods the day before and the day of your procedure to help reduce potential swelling.

3. Skin Care and Exposure:

- Ensure the treatment area is clean and free of makeup on the day of the procedure to prevent infections and allow better penetration of the microneedles.
- Avoid any form of significant sun exposure, including tanning beds, for at least two weeks prior to your session to prevent increased sensitivity and pigmentation issues.

4. Other Precautions:

- If you have a history of cold sores or herpes simplex virus, notify your provider as a preventive prescription may be necessary to avoid a breakout triggered by the procedure.
- Avoid aggressive skincare treatments such as chemical peels, waxing, or laser treatments for at least two weeks before your microneedling to ensure your skin is calm and stable.

Adhering to these guidelines will help prepare your skin for the microneedling process, enabling safer treatment and more effective results. Should you have any concerns or questions about preparing for your microneedling session, please don't hesitate to contact our office.