

MICRONEEDLING +/- PRF or PRP

Microneedling +/- Platelet Rich Plasma (PRP)/Platelet Rich Fibrin (PRF) involves using fine needles to create hundreds of tiny, invisible puncture wounds in the top layer of the skin. This minimally invasive treatment stimulates the body's natural wound healing processes, resulting in cell turnover and increased collagen and elastin production. ** A topical anesthetic cream is used to help increase comfort during the procedure. Microneedling treatment is often likened to having an electric toothbrush rubbed over your skin.

Treatment Achieves:

- Helps to build collagen.
- Smoothens fine lines and may help fill in pitting or areas lacking structure
- Softens acne scars
- Stimulates growth factors
- Post care includes no aggressive products for 48 hrs after treatment and minimum 30 SPF is worn daily.

PRE-TREATMENT INSTRUCTIONS

A few simple guidelines before your treatment can make a difference

If you develop a **fever, cold / flu, or develop a cold sore, blemish, or rash**, etc. **in the area to be treated** prior to your appointment, you must reschedule (*we will not treat you*).

Avoidance of **Accutane** for the past 6 months.

It is recommended, if you have a **special event or vacation coming up** that you schedule your treatment at least 2 weeks in advance (we prefer 3-4).

If you are being treated **in the lip area** and have a **history of Herpes Simplex (cold sores)** we recommended that you are pretreated with medication. This clinic recommends an antiviral the day before or the morning of the treatment and then another dose 12 hours after the first dose. ****Please let us know that you need a prescription if you do not have this medication on hand. ****

Discontinue use of anti-inflammatory drugs (steroidal and non-steroidal) such as: Aspirin, Motrin (or any other NSAIDs) at least 3 days to 1 week before your treatment. With PRP, we "want" inflammation this is one of the mechanisms of how microneedling and PRP does its work.

If you are or have been on **systemic (oral) use of corticosteroids (steroids) within 2 weeks** of treatment, treatment is not recommended. **Consult your primary care provider for approval to discontinue use of steroids and receive treatment.**

Discontinue use of any other blood thinning agents such as: Vitamin E, Vitamin A, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Fish Oils (Omega 3), Essential Fatty Acids (EFA's and DHA's), Tumeric, etc. at least 3 days to 1 week before and after treatment to minimize bruising and bleeding.

It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, spicy foods, and cigarettes 3 days before and after your treatment. (All of these may increase risk of bruising)

Hydrate – we recommend that for 7 days pre-treatment you moisturize skin in the morning and evening, and drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.

Avoid any prolonged exposure to the sun, if you must be in the sun use a zinc oxide sunscreen of at least SPF 30+.

Remove all product from the **intended treatment area**, including topical anesthetics, hairspray, gel, makeup, lotions, deodorants, self-tanning products and ointments.

Do not use an alcohol-based cleanser as this removes moisture from the skin.

POST-TREATMENT INSTRUCTIONS

Please read carefully and follow these Instructions after your Microneedling + PRP treatment.

- Do NOT touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment.
- AVOID Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal and steroidal anti-inflammatory agents).
- AVOID Vitamin E, Vitamin A, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Fish Oils (Omega 3), Essential Fatty Acids (EFA's and DHA's), Turmeric, etc. at least 3 days to 1 week before and after treatment to minimize bruising and bleeding. Remember, we are creating inflammation.
- If you experience discomfort, you may take Tylenol or other acetaminophen products.
- Do not wash or take a shower for at least 6 hours after your treatment.
- Treat skin gently washing with a gentle cleanser, warm water, using hand only and pat dry
- Do not use any lotions, serums, creams, or make-up for at least 24 hours after your treatment, only what you are given by the Practitioner.
- AVOID – vigorous exercise, sun and heat exposure for at least 3 days after your treatment.
- AVOID – Alcohol, caffeine, and cigarettes for 3 days before and after your treatment. Smokers do not heal well and problems recur earlier and results may take longer.
- Maintain a healthy diet and drink at least 2L (8 cups) of water the day of the treatment. Continue water intake the first week after.
- It is normal to experience: Redness, itching, and swelling. If PRF/PRP injections are done, you may experience bruising and soreness that may last from 2 - 10 days following your procedure.

Day 2-7 or until fully healed:

- You will have sandpaper like face for 3-7 days, this is due to the increase in skin cell turnover from the treatment. Do not pick or peel at dry areas. Streaking may occur from the microneedling, but this will fade as well.
- Gentle cleanser daily, no acids, retinol, or facial scrubs until fully healed.
- Light mineral make-up can be worn on the face on day 2. No heavy make-up should be worn within 4 days of treatment.
- All normal skin care can be resumed on day 4 or when skin has completely healed.
- The sun should be avoided after treatment and a non-toxic sunscreen should be used daily on day 2 and the days to follow. Minimum SPF 30 with a metal content of 8-9% (ask us for options). Ideally, the face should be shaded from the sun for a week post-treatment.
- Avoid waxing or depilatories for one-week post-treatment.

Days 7+: A week after the Medical Microneedling procedure, most patients notice that their skin is smooth, soft and more radiant. Continue with sun protection every day and reapply every 2 hours if outdoors.

Microneedling +/- PRF or PRP treatment can be repeated after 4 weeks. It is recommended to perform 1 treatment every month for 3 months when first starting out, then annually.

Please call our clinic should you have any questions or concerns regarding your Medical Microneedling +/- PRF or PRP treatment or aftercare (705-522-2252)



Scan to schedule your next appointment



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