

Microneedling is an innovative cosmetic procedure that uses a device covered with tiny, shallow needles to cause a 'micro-injury'. This prompts the skin to stimulate collagen production. In this way, it promotes smoother, softer, and more youthful-looking skin. The procedure can be done with or without PFP/PRF (platelet rich plasma/platelet rich fibrin), your provider can assist you in determining what will be most beneficial for your concerns. Most clients see best results after 3 initial sessions and then yearly maintenance. Microneedling can be used effectively for a number of concerns, including:

- fine lines and deep wrinkles
- scars caused by acne or surgery
- skin pigmentation issues
- skin that has lost its plump, youthful appearance

### **How to Care For Your Skin Before and After a Microneedling Treatment**

Microneedling is an extremely safe and effective cosmetic procedure. However, as with all treatments, it's essential to take special care of your skin before and after the procedure for fast recovery and best results.

### **Microneedling PRE-Treatment Instructions**

Following the right pre-treatment instructions ensures that your treatment will go smoothly and helps minimize side effects. Please note that this list may not be all inclusive for all clients. Please follow all instructions given to you by your treating provider/medical director. Additionally, if you have any questions regarding pre-treatment instructions, please contact your provider or the medical director for further guidance.

### **Pre-Treatment Tips**

- Avoid Accutane in the six months prior to beginning your treatment sessions.
- Do not use topical agents that may increase the sensitivity of your skin such as retinoids, exfoliants, topical antibiotics or acids 5-7 days prior to your treatment.
- Do not take anti-inflammatory medications such as ibuprofen, Motrin, or Advil for at least 3 days prior to your microneedling session. These will interfere with the natural inflammatory process that is critical for your skin rejuvenation.
- Avoid IPL/Laser procedures, unprotected sun exposure, or sunburn for at least 2 weeks prior to your procedure.
- No waxing, depilatory creams, or electrolysis to the area being treated for 5-7 days prior.
- Do not shave the day of the procedure to avoid skin irritation. If there's dense hair present in the treatment area, shave the day before you arrive for your appointment.
- If you're prone to cold sores, take an antiviral agent for starting 3 days prior to and the day of the treatment (continue after treatment as directed by the medical director).
- Avoid blood thinning agents for one week prior because bruising is a common side effect of microneedling.

## **Microneedling POST Treatment Instructions**

As with any cosmetic skin treatment, it's important to look after your skin following a microneedling procedure for best results.

**Do NOT wash your face until the next morning or as directed by your provider, using only tepid water and gentle non-foaming cleanser.**

### Post-Treatment Tips

- NO tanning beds, or self-tanning products for 7-14 days after procedure
- Direct sun should be avoided for 24 hrs after treatment. After 24 hrs SPF must be applied to any treated skin for any sun exposure (SPF 30 minimum)
- Avoid sun tanning and prolonged exposure to direct sunlight for at least 2 weeks. After 24 hours, always use sunblock (30 SPF or higher) and wear a hat if you're outside
- For 7-10 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, hydroquinone, bleaching creams, benzoyl peroxide, glycolic or salicylic acid, Retinol (Vitamin A), Vitamin C, or anything perceived as 'active' skincare. If you are unsure if a product has an active ingredient, please reach out to your treating provider or medical director for clarification
- If no allergies, you may use a painkiller, such as Tylenol, if you experience any soreness
- Do not take any anti-inflammatory medications for one week after the procedure, this includes ibuprofen, naproxen and aspirin. If you are taking aspirin for a medical condition, do NOT stop taking without guidance from your prescribing provider.
- No swimming for 24 hrs after treatment
- Do not use sunscreen or makeup for 24 hours. If makeup is used after 24 hours, use a clean brush or applicator only
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments must be avoided during the first 72 hours post-treatment
- Do not use ice on your face and avoid using arnica/bromelain. These may interfere with the natural inflammatory process that's critical for your skin rejuvenation
- Do not pick at sloughing skin. Chemical or physical exfoliation should be avoided for at least 2 weeks. Chemical peels or other facials should be avoided for at least two weeks following treatment
- NO shaving for 3 days after procedure, if skin is irritated continue to wait before shaving
- Don't pluck or wax for one week after treatment. Do not use bleach or depilatory creams for two weeks after as these products can cause irritation or burns to the skin

## **Microneedling Treatment & Recovery**

Knowing what to expect on the day of your microneedling treatment will make this procedure as comfortable and anxiety-free as possible for you.

## Day of Treatment

### What To Expect At Your Appointment

- Your skin will be cleansed so it's free of lotion, oil, makeup, powder, or sunscreen. If you wish, you can wash your face in the clinic upon arrival
- You will be asked to inform your provider about any relevant changes in your medical history and of all the medications you're taking
- Your provider will ask if there are any cosmetic tattoos in the treatment areas
- 15-30 minutes prior to your treatment, a topical numbing agent will be applied to your skin
- The microneedling treatment is an in-office procedure that typically takes up to 60 minutes to complete

### The Healing Process: What to Expect After a Microneedling Treatment

Microneedling is a quick and non-invasive cosmetic procedure with minimal side effects. However, it's quite normal to experience the following:

#### Day 1-3

A sunburn-like effect is normal. Your skin may feel tight, dry, or sensitive to touch. Treat the skin gently by washing with a gentle cleanser, cool water, and using only your clean hands the morning after treatment or as directed by your provider. Pat the cleansed treated area dry with a clean towel or clean paper towel. Some redness may also be present and in some cases, patients may experience slight bruising that can last for 5-7 days &/or temporary swelling for 2-4 days.

#### Tips

- Avoid strenuous exercises that cause sweating, as well as jacuzzies, saunas, and steam baths for up to 48 hours
- Use only non-comedogenic makeup if you chose to apply makeup after 24 hours
- Sleep on your back with the head of the bed elevated to minimize swelling or pain as needed

#### Day 2-7

Peeling may start 3-5 days after the treatment. You'll notice skin dryness and flaking which is due to an increased turnover of skin cells. Do **NOT** pick, scratch, or scrub at treated skin!

**Important information:** *You must allow the old skin to flake off naturally and keep skin moisturized at all times. Your treating provider will advise about which products to use.*

#### Day 5-7

You may start your regular skin care products again once your skin no longer feels irritated(see recommendations above). Most of our clients have noticed continued skin improvement over the months following their last treatment.

For best results: We recommend follow-up and repeat microneedling treatments every 4-6 weeks, with a series of 3-5 treatments depending on your personalized care plan.

