

# Microneedling

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 which promotes smoother, softer, and more youthful-looking skin. After just 3-6 treatment sessions it can improve facial concerns, including:

- fine lines and wrinkles
- scars caused by acne or surgery
- minimizes pore size
- improves tone and texture
- promotes smoother, softer skin

## Microneedling Pre-Treatment Instructions

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. Following the right pre-treatment instructions ensures that your treatment will go smoothly and helps minimize side effects.

- 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 2 days prior to and the day of the treatment.
- Avoid blood thinning agents for one week prior because bruising is a common side effect of microneedling.

## Day of Treatment

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

### What To Expect At Your Appointment

- Your skin will be cleaned so it's free of lotion, oil, makeup, powder, or sunscreen.
- You will be asked to inform us of any relevant changes in your medical history and of all the medications you're taking.
- Topical lidocaine will be applied to your skin for 30 min prior to starting the procedure.
- If you are adding PRP (plasma), we will do bloodwork during the numbing time.
- The microneedling treatment is an in-office procedure that typically takes up to 60 minutes to complete.

## 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 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 take any anti-inflammatory medications for one week after the procedure.
- Avoid 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.

## 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 1-2

A sunburn-like effect is normal. Your skin may feel tight, dry or sensitive to touch. Treat the skin gently by washing it with a gentle cleanser, cool water, and using only your hands to pat dry no earlier than 4 hours after treatment.

Redness for the first day or two is common, and patients may experience slight bruising that can last for 5-7 days and temporary swelling for 2-4 days.

- Avoid strenuous exercises that cause sweating as well as hot tubs, saunas, hot showers and steam baths for up to 48 hours.
- Avoid makeup for the first 2 days
- Sleep on your back with the head of the bed elevated to minimize swelling or pain as needed.
- Moisturize skin with the Rescue Calming Complex cream given to you at your appointment. When it's gone, switch to CeraVe Cream.

### Day 3-5

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.

- On day 3 you can do a light exfoliation. Using a clean wash cloth with a mild cleanser, make gentle circular motions on wet skin. Do not be aggressive or over scrub.

### Day 5-7

You may start your regular skin care products again, once your skin no longer feels irritated. Most of our patients 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 3-6 treatments depending on your personalized care plan.