

# Microneedling

## CONTRAINDICATIONS

Pregnancy, actively infected or actively inflamed skin, skin irritation, cystic acne to area being treated, keloid scars, allergies to topical lidocaine and sunburn.

## PRE-TREATMENT

- Avoid Accutane for the past 6 months
- Do not use topical agents that may increase sensitivity of skin: retinoids, topical antibiotics, exfoliants, acids that may be drying or irritating to the skin (such as alpha hydroxyl acid (AHA) beta hydroxyl acids (BHA), exfoliating masks, salicylic acids, hydroquinone, and benzoyl peroxide acne products) 5-7 days prior
- Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil for 3 days prior to treatment. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation
- Avoidance of IPL/Laser procedures, unprotected sun exposure or sunburn for 2 weeks prior
- No waxing, depilatory creams or electrolysis to area being treated 5-7 days prior
- No shaving the day of the procedure to avoid skin irritation. If there is dense hair present in the treatment area, closely shave the area the day before you arrive to your appointment.
- If you are prone to cold sores, take antiviral agent for 2 days prior to and day of treatment. Call office for prescription.
- Bruising is a common risk especially with PRP injections. Avoid blood thinning agents (aspirin, fish oil, Omega-3, Vitamin E) for 1 week prior. May resume day after treatment.

## POST-TREATMENT

- No working out for the next 48 hours
- Sleep with a clean pillow case, and elevated for the next 2 days
- Continue gentle cleansing and moisturizing over the next few days. You can apply a thin layer of Aquaphor the first day or two if needed
- Avoid scrubbing, rubbing, and exfoliants (retinols, glycolic acid, etc.) for 1 week
- Avoid excessive heat, and alcohol consumption for the next week
- Avoid sun tanning and prolonged exposure to direct sunlight for 2 weeks
- Apply SPF routinely and wear a hat if you are going to be in the sun for the next week
- Do not take any anti-inflammatory medications such as ibuprofen, Motrin, or Advil for 1 week
- Do not ice face, use arnica, or bromelain as these agents may interfere with the natural inflammatory process that is responsible for your skin rejuvenation
- Use Tylenol only as needed for any soreness

## DAY 1-3

A sunburn -like effect is normal. The skin will feel tight, dry, and sensitive to touch. Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment. Redness or sensitivity might well be present.

## DAY 2-7

Peeling may start 3-5 days after treatment. You will notice skin dryness and flaking. This is due to an increased turnover of skin cells. Do not pick, scratch or scrub at treated skin! Allow old skin to flake off naturally and keep moisturized AT ALL TIMES

## DAY 5-7

You may restart your regular skin care products, and Retin-A once your skin is no longer irritated.

For best results, we recommend a series of 3-4 treatments 4-6 weeks apart depending on your personalized care plan.