

Microneedling Pre + Post Treatment Instructions:

PRE-APPOINTMENT INSTRUCTIONS:

- **DO NOT** wear any makeup to your appointment or be prepared to remove it. Thoroughly washing and drying the skin to remove any makeup, lotion, or sunscreen is **REQUIRED**.
- **Avoid** anti-histamine and anti-inflammatory drugs 1 week prior to treatment. The body's histamine and inflammatory responses are needed post-procedure; these medications will negate the effects of the procedure.
- **Discontinue** the use of Retinoid medication (Retinol, Tretinoin, Retin-A, Atralin, Adapalene, Differin, Tazarotene, Tazorac, etc) and OTC anti-aging products containing Retinol, Retinaldehyde, or Vitamin A **for 1 week prior to treatment**.
- **Discontinue** the use of Hydroquinone products 2-3 days prior to treatment.
- **Discontinue** the use of topical exfoliating agents (Glycolic Acids, AHA's or BHA's) for 2-3 days prior to treatment.
- If possible **avoid** Ibuprofen and non-steroidal anti-inflammatories (NSAIDs) for 3 days prior to treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar medication no later than 24 hours prior to treatment.
- Notify your provider immediately if you develop a cold sore, acne, or open lesions in the area you are expecting to treat or if you experience any type of illness prior to treatment.

- Notify your provider of any changes to your health history, medications, or if you are pregnant or trying to become pregnant since your last appointment.
- Notify your provider if you have used Accutane in the past. Use within a 6 month period prior may be a contraindication.

POST-APPOINTMENT INSTRUCTIONS:

The initial 72 hours post procedure are the most crucial.

- Immediate pinpoint bleeding may occur at the treatment area. This should resolve within 10 minutes.
- Redness, swelling, and pinpoint bruising may occur for 24-72 hours post procedure.
- To minimize side effects and maximize results, apply post procedural products as instructed by your provider.
- Use a broad spectrum SPF 30+ containing UVA/UVB protection with sun blockers such as zinc oxide or titanium dioxide on the treated area daily if exposed to the sun.
- Avoid heat and keep the skin cool during the first 24-72 hours post treatment. Heating internally can cause hyperpigmentation. Avoid direct hot water spray, hot tubs, steam rooms, and saunas. Do not participate in activities that may cause excessive perspiration.
- Peeling or flaking may occur for 2-5 days post treatment. Flaking can easily be controlled with moisturizers. Do not pick, peel, or scratch the flaking. Do not use any means of exfoliation or loofahs. This may result in scarring or hyperpigmentation.

- A slight outbreak of acne or milia (tiny white bumps) can occur and will subside within 2-5 days post treatment
- You may resume normal skin care regimen, including the use of Retinoid medications, topical exfoliating agents, and Hydroquinone products after 3 days so long as the treated area is fully healed and not peeling and/or flaking.