Microneedling Pre/Post Care Instructions

Pre-Treatment

- Avoid Accutane for 6 months prior to treatment.
- 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. Swelling and redness is GREAT!
- 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. Moles, warts or actinic (solar) keratosis cannot be treated. If you are prone to cold sores, take antiviral agent for 2 days prior to and day of treatment. Call office if a prescription is needed.

Post-Treatment

- DO NOT ice the face or use arnica or bromelain. These agents may interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- You may use Tylenol as needed for any discomfort.
- You may resume the use of a mineral based sunscreen 24 hours following your treatment. Please make sure the sunscreen provides a minimum protection of SPF30. Avoid sun tanning and prolonged sun exposure to direct sunlight for 2 weeks.
- When exposed to sun, wear a hat, and apply sunscreen every 2 hours.

What to Expect

- ***Day 1-3***
- A sunburn-like effect is normal. The skin will feel tight, dry, and sensitive to touch.

- 4 hours after your treatment, you may cleanse the skin. Be sure to use care, washing with a gentle cleanser and cool water. Do not rub the skin, pat dry with a clean cloth.
- Swelling may last 2-4 days, depending on how aggressive the treatment.
- Immediately following your treatment, you will have small open channels which will be more susceptible to bacteria. Please avoid any activity that will raise the body's temperature and cause sweating for 24 hours. Examples include exercise, jacuzzi, saunas, and steam baths. You may resume these activities once inflammation has resolves.
- Sleep on your back with head of bed elevated to minimize swelling or pain as needed.
- Use a clean pillowcase and avoid sleeping with pets until fully healed.
- **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 the treated area. Allow old skin to flake off naturally and keep moisturized AT ALL TIMES with a gentle moisturizer.
- **Day 5-7**
    - You may restart your regular skin care products and Retin-A once your skin is no longer irritated.
    - Many patients have noticed continued skin improvement for months following the last treatment.
    - For best results, we recommend follow up and repeat treatments in 4-6 weeks and a series of 3-5 treatments depending on your personalized care plan.

Date *

MM/DD/YYYY

Signature *