
Pre-Instructions for Microneedling

- 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 and will increase the risk of bruising.
- Avoid vitamin A,C,E, Fish Oil, 3 days prior to treatment.
- 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. Discuss this with our staff.
- 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 1 day after treatment. if you are prone to bruising, eat pineapple or take arnica 3 days prior to treatment.,

Post-Treatment Instructions for Microneedling

- Avoid sun tanning and prolonged exposure to direct sunlight for 2 weeks. After 24 hours, always use a full spectrum sun screen SPF30 or above. When exposed to sun, wear a hat and apply sunscreen every 2 hours.
- Avoid makeup for 24 hours post microneedling.
- Use Tylenol only as needed for any soreness
- Optional dietary recommendations: Eat fresh pineapple, tart cherry juice (no sugar), salmon (omega-3 fish oil), bone broth based soups, continue taking collagen 1 & 3 supplement (Collagen MD Advanced Connective Tissue Support Formula) for 2 weeks to optimize healing. Avoid dairy, wheat and sugar!

Post-Treatment Instructions for Microneedling Continued

DAY 1-3

- A sunburn -like effect is normal. The skin will feel tight, dry, 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. Some small bruising is common with PRP injections and may last up to 5-7 days and swelling can last 2-4 days depending on how aggressive of a treatment you received.
- Plan your social calendar accordingly!
- Avoid strenuous exercises that cause sweating, jacuzzi, sauna or steam baths for 24 hours due to open pores, or up to 48 hours if inflammation exists.
- May use our mineral makeup after 24 hours
- Sleep on your back with head of bed elevated to minimize swelling or pain as needed

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 with Hyaluronic serum and TGF- growth factor followed by our gentle brightening scrub.

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.