



Patient Instructions for Microneedling

Treatment Prior to treatment:

1. Avoid prolonged sun exposure and use a sunscreen with at least SPF 30.
2. Anticoagulant therapy including aspirin, ibuprofen, naproxen should be discontinued 14 days prior to treatment (please check with your primary care physician if prescribed for medical reasons).
3. Discontinue retinoids including retinol or retin-A (tretinoin) and other skin irritants and exfoliants including glycolic or lactic acid for a minimum of 3-5 days prior to treatment.
4. If you have a history of perioral herpes simplex virus infection (cold sores), an antiviral medication will be prescribed prior to treatment (please inform us if you require a prescription).
5. Minimize or avoid alcohol consumption 2-3 days prior to procedure.

Day of Treatment:

1. Please arrive on time to your scheduled appointment time for topical anesthesia.
2. The skin must be clean.
3. If applicable, please take the prescribed antiviral medication, preferably, at least 2 hours prior to treatment.

Post-treatment Instructions:

Immediately post treatment, the localized pin-point bleeding should subside within 5-10 minutes of treatment. Pain or discomfort may occur with gradual cessation following the treatment. Transient mild to moderate erythema (redness) and edema (swelling) can last for 1-3 days. Other inflammatory responses such as itching, increased warmth of the skin, flaking or peeling can occur and will typically resolve within 7-8 days of treatment.

1. Immediately following treatment, a serum or your platelet rich plasma (PRP) will be applied (if you choose to combine PRP with microneedling to enhance your results.)
2. For the first week and until completely healed, cleanse the treatment area with a gentle cleanser and pat dry, do not rub.

3. Avoid wash cloths, harsh irritants, and scrubs until the treated area is completely healed.
4. The treated area should be kept as hydrated as possible for one-week post treatment. We will make recommendations for moisturizers which hydrate, enhance healing and will not clog your pores.
5. Avoid excessive sun exposure to the treatment area and gently pat in a non comedogenic sunscreen of at least SPF 30 or higher at all times for at least one month following the procedure.
6. Do not pick at the treated area. It is imperative to let the area heal on its own. If the area is picked at and further interruption of the epidermal layer (the top layer of the skin) occurs, this can increase the risk of infection, post inflammatory hyperpigmentation (discoloration of the treated area after healing), and other post procedure complications.
8. Once skin irritation resolves, you may resume your skin care regimen.