



Microneedling/SkinPen

PRE+POST CARE INSTRUCTIONS

PRE-TREATMENT CARE:

- Avoid chemical peels, waxing, electrolysis, laser treatments, and threading 2 weeks prior to treatment.
 - Wear broad-spectrum sunscreen (SPF 30 or higher) and avoid excessive sun exposure or heat prior to treatment for 7 days.
 - Discontinue blood-thinning supplements (e.g., vitamin E, vitamin A, Ginkgo, Garlic, Flaxseed, Cod Liver Oil, Essential Fatty Acids, and multivitamins) at least 7 days (preferably 14) before your treatment. Vitamin D and iron can be continued.
 - Inform your provider if you are on blood thinners like Plavix, Coumadin, or Heparin, as they may not be suitable for PRP.
 - Steer clear of aspirin, Advil, Motrin, Ibuprofen, Naproxen, and other anti-inflammatory medications to allow inflammation, which helps PRP work.
 - Tylenol (acetaminophen) is acceptable for pain relief before the procedure.
 - Continue prescription medications as prescribed up to and after the day of treatment.
 - 7 days before, avoid topical products like Tretinoin (Retin-A), Retinols, Glycolic Acid, and other anti-aging or acne products.
 - Avoid tweezing hair removal creams in the treatment area.
 - Microneedling can be done prior to Botox®/Dysport® during the same appointment. Please wait two weeks after Botox®/Dysport® if not treating on the same day as microneedling
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POST-TREATMENT CARE:

- Expect some discomfort, redness, or irritation, resembling a sunburn, which should subside within 24 hours. Bruising at the blood draw site for PRP may occur.
- Keep skin moisturized to avoid itchiness and irritation. Resume a mineral based sunscreen on day two after treatment.
- For pain, take Tylenol (acetaminophen) and use cold compresses for swelling if needed. Avoid anti-inflammatory medications like Ibuprofen or Advil.
- Light scabbing may form but should resolve in 24-48 hours. Do not pick or scratch treated skin; keep it moisturized.
- Avoid vigorous exercise, sun, heat, and hot environments for at least 72 hours. Use clean towels and linens, and limit contact with pets or children for the first 12-24 hours. Disinfect phones and use hands-free options to avoid contact with treated skin.
- Continue to avoid anti-inflammatory medications for up to 7 days if possible. Use a gentle cleanser and moisturizer for 72 hours, and wear sunscreen daily. Avoid warm environments (e.g., hot tubs, saunas) for 3 days.
- Skin may feel dry by day 2-3 but should improve. Resume skincare products and makeup once irritation subsides, typically after 4-5 days. Expect ongoing improvements over the next 3 months, with optimal results seen after 3 treatments spaced 4 weeks apart

IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.

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