

WHAT TO DO BEFORE AND AFTER YOUR COSMETIC PROCEDURE

Pre-Treatment Instructions For all Procedures

- Do **NOT** consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of **3-5 days** before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your Dermal Filler and Botox appointment **at least 3 weeks-one month** prior to a special event which you may be attending, such as a wedding or a vacation. Results from the Dermal Filler and Botox injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- Discontinue Retinol-A and Vitamin C topicals 2 days before and 2 days after treatment.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know, they may put you on an antiviral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

Microneedling Post Care

*****WITH PRP-DO NOT WASH FACE OR TREATED AREA FOR 24 hours**

WHAT TO EXPECT AFTER YOUR MICRONEEDLING TREATMENT

After [microneedling](#) your skin will be red and flushed similar to if you had a moderate sunburn. Redness should be greatly reduced within 24-48 hours. You may experience swelling, burning, itching, bruising, soreness, skin tightness, flakiness, sensitivity and dryness. It may take up to 5-7 days for the skin to heal depending on the extensiveness of your treatment. Make sure to wash your face with only cool water and mild cleanser provided and pat dry skin. A Mineral based sunscreen of SPF 30+ should be applied and reapplied every 60-90 minutes while outdoors.

- **Use gentle [skincare products](#)**, light oil-free moisturizers. Use ONLY your post-treatment products for the first four days after your treatment. No vitamin A products for 7 days post treatment (Retin A, Retinol, Tazorac). No exfoliating medications, toners, harsh chemical products or devices for at least 7 days post treatment. No [chemical peels](#) for 14 days post treatment.
- avoid make-up for 24 hours
- **Treatment of Pain/Discomfort.** Ice packs and Tylenol can be used if you are feeling discomfort or swelling. Do not use anti-inflammatory medications such as Motrin or Ibuprofen as they may decrease the desired inflammatory benefits of micro-needling.
- **Bruising and Swelling.** Eat fresh pineapples or drink pineapple juice to minimize bruising and swelling. Arnica supplements can be taken to help with any bruising.
- **No sun exposure.** Avoid direct sun exposure for at least 14 days, ideally 30 days after the procedure. This also includes avoiding tanning beds or self-tanning products.
- **Do not pick at skin.** No picking at any flaking skin or scabs and avoid using any exfoliating [skincare](#) products.
- **Shaving.** Do not shave for 3 days after procedure and longer if the skin is still irritated.

- **Exercise and Heat.** No sweating, exercising, jacuzzi, sauna or steam bath until skin irritation has resolved (3-7 days).
- change out your pillow case daily for 3 days and routinely after
- control and limit your surrounding environment ie. stay away from drywall dust, nature walks, wearing a mask.



Day of Treatment

Knowing what to expect on the day of your microneedling treatment will make this procedure as comfortable and anxiety-free as possible for you.

What To Expect At Your Appointment

- *Your skin will be cleaned so it's free of lotion, oil, makeup, powder, or sunscreen. If you wish, you can wash your face in the office upon arrival.*
- *You will be asked to inform your skin care specialist about any relevant changes in your medical history and of all the medications you're taking.*
- *Your specialist will ask if there are any cosmetic tattoos in the treatment areas.*
- *30-45 minutes prior to your treatment, topical lidocaine will be applied to your skin.*
- *The microneedling treatment is an in-office procedure that typically takes up to 60 minutes to complete.*



Post-Treatment Instructions

As with any cosmetic skin treatment, it's important to look after your skin following a microneedling procedure for best results.

Post-Treatment Tips

- *Do not take any anti-inflammatory medications for one week after the procedure.*
- *Do not use ice on your face, and avoid using arnica/bromelain. These may interfere with the natural inflammatory process that's critical for your skin rejuvenation.*
- *Avoid sun tanning and prolonged exposure to direct sunlight for at least 2 weeks. After 24 hours, always use sunblock (30 SPF or higher) and wear a hat if you're outside.*
- *Use a painkiller, such as Tylenol, if you experience any soreness.*

The Healing Process: What to Expect After a Microneedling Treatment

Microneedling is a quick and non-invasive cosmetic procedure with minimal side effects. However, it's quite normal to experience the following:

Day 1-3

A sunburn-like effect is normal. Your skin may feel tight, dry or sensitive to touch. Treat the skin gently by washing it with a gentle cleanser, cool water, and using only your hands to pat dry no earlier than 4 hours after treatment.

Some redness may also be present and in some cases, patients may experience slight bruising that can last for 5-7 days and temporary swelling for 2-4 days.

Tips

- *Avoid strenuous exercises that cause sweating as well as jacuzzis, saunas, and steam baths for up to 48 hours.*

- *Use only mineral makeup after 24 hours.*
- *Sleep on your back with the head of the bed elevated to minimize swelling or pain as needed.*

Day 2-7

Peeling may start 3-5 days after the treatment. You'll notice skin dryness and flaking which is due to an increased turnover of skin cells. DO NOT pick, scratch, or scrub at treated skin!

Important information: You must allow the old skin to flake off naturally and keep it moisturized at all times. Talk to your skin specialist about which products to use.

Day 5-7

You may start your regular skin care products again, once your skin no longer feels irritated. Most of our patients have noticed continued skin improvement over the months following their last treatment.

For best results: We recommend follow-up and repeat microneedling treatments every 4-6 weeks, with a series of 3-5 treatments depending on your personalized care plan.