

Micro-needling Pre-treatment instructions

Preparing the skin:

1. Avoid sun exposure or tanning beds at least 4 weeks prior to treatment and during treatment process.
2. Do not exercise the day before or for 48 hours after the injection treatment.
3. Avoid caffeine containing food or beverages day of treatment.
4. Avoid medications such as: Aleve, Advil, cold remedies, Vitamin E, Aspirin, Fish Oil, high doses Garlic 5 days prior to treatment.
5. Avoid Retin-A, chemical peels, injectable fillers, Botox or Xeomin 2 weeks prior to treatment.
6. Use a sunblock with SPF 30+ with UVA/UVB Broad Spectrum protection.
7. Start Arnica 3 days prior to treatment as directed. (optional)
8. Apply topical anesthetic 1 hour prior to procedure and reapply if necessary. (ask for a prescription of lidocaine topical)
9. Day of treatment wear comfortable clothing. Your top should button or zip rather than pull over the head.
10. Notify practitioner if you get cold sores. You will require an anti-viral prescription to avoid any breakout after treatment.
11. If you have open cuts, wounds, abrasions or during acne or cold sore breakouts, we cannot perform the procedure.
12. Eat a healthy diet, whole food vitamins and daily omega 3 fish oil. It is also advisable to take 1000 mg vitamin C and 2000 iu vitamin D3. This will aid in the healing process.
13. Drink 8 glasses of water/non-caloric fluids per day.