



MICRO-NEEDLING PRE AND POST CARE INSTRUCTIONS

Pre-Treatment Instructions

Avoid anti-inflammatory medication like aspirin, ibuprofen (ADVIL or MOTRIN) , naproxen (ALEVE), diclofenac, Voltaren) for 1 week prior to procedure.

Avoid sun exposure and self tanners 2 weeks prior to treatment

Drink plenty of water the day prior and day of your procedure.

Microneedling is a safe, natural alternative for resurfacing of the skin using micro needles without an aggressive machine, to produce optimal results. There will be some bleeding during the treatment for which I understand is temporary. There may be some mild discomfort during the procedure. Topical coolness or anesthetic cream may be used if needed for tolerance.

Treatment achieves:

- Helps to build collagen
- Smooths fine lines and may help fill in pitting or areas lacking structure
- Improves appearance of acne scars
- Stimulates growth factors

Day 1: If you are doing PRP with your treatment, it is best to leave the PRP on the skin for at least 6-8 hours. On the next day, you may clean your face with the approved skin cleanser and apply makeup, moisturizer and other topical products as approved by your provider. Stay away from scrubs, exfoliants or glycolic acids that are present as these can make your skin very dry after the procedure. Be sure to use an approved SPF 30 or greater sunscreen!

Days 2-7: Within two (2) days following your Micro-Needling procedure, you may notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer. Follow the instructions given to you by your medical professional. Days later, your skin will start shedding. These are skin layers that would regularly shed a week later, but the Micro-Needling brings this skin to the surface sooner. During this temporary process, your skin will shed and be dry. You may use your regular skin care products once your skin is not irritated. Recommended to start using SkinCeuticals CE Ferulic in the mornings 72 hours after procedure and continue to use for optimal results.

Days 7+: A week after the Micro-Needling procedure, most patients notice that their skin is smoother and more radiant. Continue with sun protection every day and reapply every 2 hours if outdoors.

To Maximize Results:

Should you have any questions, please don't hesitate to contact our office at (719)228-9488.

I have been explained the post treatment instructions and what to expect following my treatment and I have been given a copy of this post treatment care sheet.

Patient Signature _____

Date _____

Print Name _____

Without PRP

Immediately after your Micro-Needling procedure, your treating provider will apply moisturizer

- Use Tylenol only as needed for any soreness.
- Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, always use sun screen SPF 30 or above. You may clean your face with a gentle cleanser before bed.
- Redness or sensitivity might be present (and last up to a few days) after peel.
- Use a clean pillow case for 3 nights following your procedure
- Clean all your makeup brushes, glasses, or anything that will touch your face
- Avoid strenuous exercise or sweating for 24 hours due to open pores.
- Avoid sun exposure for 3 days and if possible 10 days. Apply a minimum of SPF 30 every 2 hours.
- May use mineral makeup after 24 hours.
- Restart regular skin care regimen in 48 hours and Retin-A in 72 hours.
- Recommend follow up and repeat treatments in 4 weeks and for best results a series of 3–5 treatments.

With PRP

For a minimum of 6 hours after the PRP has been applied to your skin,

- DO NOT: wash your skin for 6 hours,
- Do NOT expose the treated area/s to direct high heat, or engage in activities that will get you wet or cause you to sweat (e.g. blow dryer, sun exposure, sauna, steam room, Jacuzzi, very hot shower, hot yoga, strenuous exercise, etc.)
- Starting on the evening of the treatment, wash your face gently with a mild cleanser (e.g. Elta Foaming Facial Cleanser or SkinCeuticals Gentle Cream Cleanser) twice daily followed by application of hyaluronic acid and/or SkinCeuticals HA Intensifier/ Creams (that nourishes new collagen) and then, Elta moisturizer or other plain moisturizer. Also, use an SPF 30 sun block each morning until healed(EltaMD SPF).
- Avoid makeup for at least 24 hours and until healed. You may return to your regular skin care routine when healed usually 72 hours after procedure.

