

Microneedling Instructions

Before Your Treatment

- Avoid Vitamin E, Fish Oil, and Ginkgo Biloba for one week prior to treatment.
- Avoid Aspirin, Ibuprofen, Motrin, Aleve, and any over-the-counter pain medication containing ASA, for two weeks prior to treatment.
- You may take Tylenol.
- Avoid anti-histamine and anti-inflammatory drugs once week prior to treatment. These negate the effects of the procedure. The body's histamine and inflammatory responses are needed post-procedure.
- No laser hair removal, electrolysis, waxing, and depilatory creams one week prior to treatment.
- Discontinue topical retinoids (tretinoin and retinoic acid (Retin-A, Renova, Refissa)) one week prior to treatment.
- If using Accutane, a 12-month waiting period after discontinuation is required.
- Please notify our office if you have ever been diagnosed with Herpes Simplex Virus (fever blisters or cold sores). You may require prophylactic therapy.

What To Expect...

- Immediate pinpoint bleeding may occur, which will resolve within 10 minutes.
- Minor redness and swelling will occur for 1-2 days.
- Minor peeling and flakiness will occur for a few days. Don't pick at the loose skin!
- Call our office if you experience excessive redness, swelling, pain, or drainage as they could indicate infection.

After Your Treatment

- Avoid direct sun and heat. This includes simple day-to-day tasks such as gardening, cooking over a hot stove for a long period of time, sitting next to a bonfire or fireplace, etc.
- Discontinue use of any Alpha-Hydroxy products. You may resume your homecare regimen when skin is no longer flaking and peeling.
- Use hydrating and reparative products. Products rich in soothing and healing ingredients are best to encourage new, healthy cell growth. Peptides, antioxidants, stem cells, Vitamin A, C, and E, and growth factors work very well.
- Use sunscreen! Sun protection products should be applied no less than every 30-90 minutes. DO NOT go outside without sun protection (even on a cloudy day).
- No scratching or peeling.
- Limit exercise the first week.
- Drink plenty of water.

