

## Pre-Treatment

# Microneedling

### DO

- **Avoid sun exposure** for 24 hours before treatment.
- **Avoid irritating topical ingredients** such as retinoids, topical antibiotics, AHA's and BHA's (such as glycolic acid and salicylic acid), hydroquinone, and benzoyl peroxide 3 days prior to procedure
- **The day of the procedure, make sure skin is clean** and free of lotions, creams, makeup, or deodorants in the area to be treated.
- **If you are prone to cold sores**, you may want to begin taking an antiviral medication (such as Zovirax, Famvir, or Valtrex) 1-3 days before treatment. Treatments that involve controlled trauma to the skin have the potential to trigger cold sore recurrence.
- **Discontinue agents that cause bruising/bleeding** 3-4 days prior to treatment:  
*Vitamin E, fish oil, ginkgo, evening primrose oil, and NSAIDs (unless medically necessary) such as aspirin, ibuprofen, naproxen, nabumetone, indomethacin, Excedrin.*

### DO NOT

- **Do not receive** Laser treatments, electrolysis, or IPL procedures for 7 days before treatment.
  - **Do not** wax, receive chemical peels, or use depilatory creams 2 weeks before treatment.
  - **Do not shave** the area to be treated the day of the procedure, as this can be irritating. If the area to be treated needs to be shaven due to hair, shave the area the day before treatment.
- ★ *Please arrive at your appointment 45 minutes before the procedure so we may apply a topical anesthetic cream to the treatment area..*

## Post-Treatment

# Microneedling

### IMMEDIATELY FOLLOWING TREATMENT:

- The skin will appear as though you have a moderate to severe sunburn. This typically diminishes within 24-48 hours.
- The treated area may feel slightly sore. It will feel dry and tight. If you experience any discomfort, you may take Tylenol or other Acetaminophen-containing products. Cold compresses can be applied to reduce swelling if needed.
- Light scabs may form in the treated area and remain for 24 to 48 hours. Alcohol based toners may increase the appearance of these scabs.
- **Do not pick or scratch treated skin.** If skin itches due to dryness, apply our recommended Factor Five Human Stem Cell serum and moisturizer.

### AFTER TREATMENT CARE:

- **Do not take any anti-inflammatory medications** such as Ibuprofen, Advil, Motrin, or Aleve. These drugs will interfere with the natural inflammatory process that is critical for skin rejuvenation.
- **Avoid direct sunlight and tanning beds** for 1-2 weeks. Avoid swimming pools or hot tubs. Do not exercise or participate in strenuous activity for the first 24 hours post treatment. Sweating and gym environments in general are harmful and filled with bacteria, which may cause adverse reactions in the skin.
- **During the healing phase, be sure to disinfect** your cell phone, glasses, or any item that comes in contact with the skin with alcohol wipes before use.
- **If possible, avoid makeup for 48 hours** after treatment. Mineral makeup is the ideal option for post treatment use.
- **Avoid exfoliants and irritating products** such as scrubs, AHA's and BHA's (such as glycolic acid and salicylic acid), and retinoids or cleansing brushes such as a Clarisonic for one week post treatment.
- **As the skin heals, it may begin shedding.** These are skin cells that would have regularly shed a week later, however, microneedling brings the skin to the surface sooner.

Recommended cleansing follows on the next page.

## WASHING:

- The day of your procedure, **do not** cleanse the skin or apply any products, simply apply the Factor Five Human Stem Cell serum before bed.
  - For at least 3 days following treatment, use a gentle cleanser and warm water to cleanse the treated area and gently pat dry with a clean towel. Apply the Factor Five Human Stem Cell serum, followed by a moisturizer and SPF if skin is exposed to sun. Always make sure your hands are clean before touching the treated area.
  - In the days following treatment as the skin begins to regenerate, collagen stimulating peptides are ideal to maximize the effects of the stimulation already started by microneedling.
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One week after treatment, most patients notice that their skin is smoother and more radiant. Fine lines and wrinkles may appear less defined.

Results vary, but typically a course of 3-6 treatments is typically recommended, spaced 4-6 weeks apart.

*Call the office immediately if you experience sign on infection such as an **increase** in redness, warmth, itching, or pus formation. These signs typically show within 24-48 hours after treatment.*

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## FOLLOW-UP:

Please make an appointment with Lani in 3-4 weeks following your procedure for photos.