



MICRONEEDLING

Microneedling works by creating controlled micro-injuries in the skin to stimulate your body's natural healing process, promoting collagen and elastin production. The result is a noticeable improvement in fine lines, acne scars, texture irregularities, and overall skin quality. Microneedling treatments are most effective in a series of 3-6 treatments, spaced out 4 to 6 weeks apart.

PRE-TREATMENT

- AVOID taking Aspirin, Motrin, ibuprofen, Naproxen, Aleve, Vitamin E, Ginkgo Biloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks. These medications may increase the risk of bruising. (Please consult with your physician first if you are on ASA therapy). For mild pain or headaches Tylenol is preferred.
- Avoid anti-histamine and 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.
- Stop Laser Hair Removal, Electrolysis, Waxing, and Depilatory creams one week prior to treatment.
- Stop topical retinoids (tretinoin and retinoic acid (Retin-A, Renova, Refissa) one week prior to treatment.
- Patients undergoing isotretinoin acne treatment (Accutane), a 6-month waiting period after discontinuation of medication is required.
- Please notify our office if you have ever been diagnosed with Herpes Simplex Virus (HSV)- You may require prophylactic therapy.
- If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed in the 24 hours prior to your treatment, the day of, and the day after.

POST-TREATMENT

- Immediate pinpoint bleeding may occur, which will resolve within 10 minutes.
- Sunburn pinkish-red color of treated area for up to 72hr.
- Minor redness and swelling may be apparent for 24-48 hours. The application of topical exosomes greatly reduces any post-treatment irritation and accelerates the healing and regeneration process.
- The initial 72 hours post-procedure are the most critical.
- 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 physical sunscreen. Sun care products should be applied no less than every 30-90 minutes. DO NOT go outside without sun protection (even on a cloudy day).
- Minor peeling and flakiness will occur after a few days. Don't pick at the loose skin.
- Limit exercise the first week.
- Drink plenty of water.
- Call our office if you experience excessive redness, swelling, pain or drainage as they might indicate an infection.