



## Micro Needling Pre & Post Care Instructions

**Contraindications:** You should not have PRP treatment done if you have any of the following conditions:

- An impaired immune system due to immunosuppressive diseases, HIV, HTV, or immunosuppressive medications
- Skin conditions and diseases including: Facial cancer, existing or uncured. This includes SCC, BCC and melanoma, systemic cancer, and chemotherapy.
- Steroid therapy, dermatological diseases affecting the face (i.e. Porphyria), communicable diseases, blood disorders and platelet abnormalities, anticoagulation therapy (i.e. Warfarin)
- A history of medication over the past 2 months that could affect the skin, i.e., Accutane
- Pacemakers, a history of a severe heart disorder, arrhythmias
- Pregnant or lactating
- Blood thinning medications or blood clotting disorders
- Any active skin disease or disorder around the treatment site; acne, eczema, psoriasis
- A history of keloids or abnormal wound healing
- Any surgical procedure in the treatment area within 3 months

**Prior to Treatment, Inform Your Provider of the Following:**

- If you have a history of facial and/or nasal herpes or fever blisters to receive advice on antiviral therapy prior to treatment.
- If you have a history of any significant allergy or skin sensitivity
- If you have any implants that could be metal
- If you are taking broad beta-blockers such as Inderal (Propranolol), please inform your provider as this medication may need to be changed to a select beta-blocker in advance of the treatment.
- If you have recently had a facial peel or surgery
- Recent use of self-tanning lotions, tanning booths, or prolonged sun exposure 24 hours prior to treatment
- All current medications and supplements including blood thinning, Accutane and use of Retin-A products
- If you have had Hormone replacement therapy
- If you have a history of Keloid scarring
- If you are pregnant or lactating

**7 DAYS BEFORE Treatment:**

- Avoid chemical peels, waxing, electrolysis, Laser treatments, or threading
- Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids, and multivitamins, a minimum of 7 days (preferably 14 days) prior to treatment. It is fine to continue iron and vitamin D.
- If you are taking any blood thinners, please let your provider know immediately, as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin and Heparin.
- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications. We want inflammation to occur – as this is one mechanism by which PRP works.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.
- Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
- Avoid excessive sun or heat exposure.

### **3 DAYS BEFORE Treatment:**

- Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other “anti-aging”, “acne”, and “bleaching” products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Avoid excessive sun exposure and wear a broad-spectrum sunscreen daily of SPF 30 or higher.

### **Day of Treatment**

- Please arrive to the office with a “clean face”. Do not wear makeup. No lotions, makeup or other topical products should be applied on the day of the procedure.
- If the area to be treated requires shaving due to hair involvement, please shave the area the evening prior to your visit, to avoid any trauma or rash from shaving.
- A topical anesthetic cream will be applied for about 45 minutes prior to your procedure.

### **Immediately Following Treatment:**

- You may expect a certain degree of discomfort, redness, and/or irritation during and after treatment.
- You may have a bruise at the blood draw site.
- You will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This typically diminishes within the same day or within 24 hours.
- If you experience any pain or discomfort, you may take Tylenol or other Acetaminophen-containing products as directed. Cold compresses can be applied to reduce swelling if necessary.
- 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.
- Light scabs may form in the treated area and remain for 24 to 48 hours.
- Do not pick or scratch treated skin but instead keep it moisturized.
- Avoid vigorous exercise, sun and heat exposure for at least 24 hours following your treatment.
- Make sure you only use clean linens and towels during the healing process.
- Avoid pets and small children having contact with treated skin for the first 12 - 24 hours.
- During the healing phase, be sure to disinfect your cell phone or landline phone with alcohol wipes before use. Try to avoid your treated skin’s contact with the phone by choosing a hands-free option.

### **After Treatment Care:**

- Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure (if possible try for 7 days).
- Use a gentle cleanser (i.e. Avene Clean-Ac Cleanser) and tepid water to cleanse the face for the following 72 hours.
- Use a gentle moisturizer as needed.
- Avoid excessive sun exposure, including tanning booths, and wear a broad-spectrum sunscreen daily of SPF 30 or higher.
- Avoid warm environments (i.e., hot tubs, jacuzzis, steam rooms, hot yoga, saunas, etc.) for 3 days post treatment.
- By day two or three, your skin may feel a bit dry. This is normal and will resolve on its own.
- You may return to your skin care products and makeup when your skin is not irritated, typically 4 -5 days after treatment.
- You will begin to see improvements in the overall texture and tone shortly after your treatment, but the overall effects take up to 3 months, for optimal improvement.
- New collagen formation takes 4-6 weeks to develop; please be patient.
- It is recommended to have a minimum of 3 treatments, 4 weeks apart for maximum benefit.

### **Contact the Office Immediately if any of the Following Signs of Infection Occur:**

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Severe pain that is unresponsive to over-the-counter pain relievers