



Micro Needling Instructions

Pre-Treatment Instructions:

For best results please follow these instructions.

Before your treatment:

1. Discontinue use of Isotretinoin for 6 months (Sotret, Claravis, Amnesteem, and Accutane).
2. Avoid Retinols, Topical Antibiotics, Exfoliants, Hydroquinone, Benzoyl Peroxide for 48 hours prior to your appointment.
3. Refrain from any Medium/ Deep chemical resurfacing and laser treatments for 1 month.
4. Refrain from waxing and use of depilatories for 72 hrs.
5. If you are prone to cold sores, micro-needling may cause a breakout; you may require prophylactic treatment such as Valtrex. Please use medication 2 days before, during and 2 days after.
6. Wait at least 2 weeks after dermal fillers and Botox or other neurotoxins.
7. Avoid shaving the day of the procedure.
8. **Patient Denies:** active cold sores, herpes simplex or warts in area to be treated, open sores, active sunburn, pregnancy, currently breastfeeding, dermatitis, or inflammatory rosacea within the treatment area.
9. If a topical anesthetic will be applied, please arrive 20-30 minutes prior to your appointment time.

Post-Treatment Instructions:

1. Avoid prolonged sun exposure or sunbathing for at least 10 days to prevent UV rays from damaging your skin. Patients who absolutely cannot avoid sun exposure should use a broad-spectrum sunscreen with an SPF of 30 or higher to maintain your improved skin.
2. Injections can be resumed in 72hrs.
3. Waxing and depilatories can be resumed in 72 hrs.
4. Avoid heat (hot showers, sauna, and intense cardio) for 48 hrs.
5. Avoid applying make up for 48 hours or until skin integrity has returned 6. Topical prescriptive medications can be resumed in 72 hrs.
7. OTC acne medications may be resumed in 72 hrs.
8. Tylenol is okay to use for discomfort, but avoid ibuprofen, Motrin and Advil.
9. Feel free to apply cool compress if you experience discomfort, redness, burning or swelling.
10. The above is a guideline and not exclusive. Please contact us with any questions or concerns.

Expected Skin Changes:

Day 1 – Use gentle cleansers/moisturizers and SPF 30+, Avoid all other products on your skin.

May look a little pink, and or puffy

Day 2-7 – Use gentle cleansers/moisturizers and SPF 30+, begin to incorporate other products.

May begin to flake or feel dry as skin cells begin to turnover and regenerate

Day 7+ - Back to normal skin care routine and SPF 30+

Skin begins to feel and look smoother and more radiant, regeneration continues.