

microneedling

pre-treatment:

- **NO** retinoids, topical antibiotics, exfoliants, hydroquinone, sunburn, + benzoyl peroxide at least 3 days prior to procedure
- No IPL/laser treatments, waxing, depilatory creams or electrolysis 5-7 days prior
- Avoid shaving before your treatment
- No significant changes in the skin including excess dryness or sunburn
- Antiviral agent for 2 days prior to and day of treatment if history of cold sores
- Skin should be free of any lotion, oil, makeup, powder, perfume or sunscreen when you arrive
- Inform provider of any changes in medical history and of all medications you are taking

post-treatment:

For 3 days following treatment:

- Wash face 3x daily with a **gentle cleanser**
- Use only hyaluronic acid + vitamin C on treated skin
- **There may be redness, sensitivity and/or bruising** of the treated area
- **May use cool compress** if excessive discomfort. **NO 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. **Use Tylenol only** as needed for any soreness.
- **Avoid strenuous exercise or sweating** for 24 hours due to open pores
- **Avoid sun exposure** for at least 3 days and if possible up to 10 days

After 3 days: Resume your normal skincare regimen. You may notice skin dryness, flaking and/or bruising. This is due to an increased turnover of skin cells. You may apply your regular skin moisturizer. Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, always use atleast SPF30 when outdoors. Continue to avoid retinol for 2 weeks following treatment.

Day 7: Most patients notice that their skin is **smoother and more radiant!**

Recommend follow up, repeat treatments in 4-6 weeks for optimal results a series of 3-5 treatments

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