

Microneedling Pre-treatment Tips:

- Do not use anything that may increase the sensitivity of your skin such as Alpha Hydroxy Acid, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C scrubs, salicylic acids, benzoyl peroxides, or exfoliants on the area to be treated for 5-7 days prior to treatment.
- Avoid prolonged exposure to direct sunlight, sunburn and tanning beds on the area to be treated for 2 weeks prior to treatment.
- Do not take anti-inflammatory medications or supplements such as aspirin, ibuprofen, naproxen, Vitamin E or fish oil for 4 days prior to the treatment. You may use acetaminophen (Tylenol) as needed prior to the treatment. If you must take aspirin for cardiac reasons, please do so even though it may limit your results.
- Do not wax, thread or use depilatory creams or electrolysis on the area to be treated for 5-7 days prior to treatment.
- Do not have Botox, facial fillers or IPL laser procedure performed on the area to be treated for at least two weeks prior to your treatment.
- Do not shave the area to be treated on the day of the treatment. If there is dense hair present in the area to be treated, shave the day before your appointment.
- If you are prone to cold sores, take an anti-viral agent for 2 days prior to the day of the treatment. If you have an active cold sore, reschedule your appointment.
- If possible, please refrain from, or minimize, smoking 3 days prior to and after the treatment. Smoking may impact healing and oxygen delivery to the skin/scalp, therefore, your results may be improved the longer you are able to stop smoking before and after the treatment.
- Minimize alcoholic consumption the day before your microneedling 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.
- Review the contraindications list: Accutane within 6 months, scleroderma, collagen vascular disease or cardiac abnormalities, rosacea, blood clotting problems, platelet abnormalities, anticoagulation therapy (ie, Warfarin), facial cancer (past or present), chemotherapy, steroid therapy, dermatological diseases affecting the face (ie, porphyria), diabetes and other chronic conditions, active bacterial or fungal infections, immune suppression, scars less than 6 months old, and Botox/facial fillers in the past 2-4 weeks. Treatment is not recommended for patients who are pregnant or nursing.
- Plan to complete errands that would cause long exposure to the sun and strenuous activities prior to treatment.
- Purchase hyaluronic acid and aloe vera for use post-treatment.