

Pre and Post Microneedling Treatment Instruction

The microneedling device is used to stimulate the tissue and improve the appearance of the skin. The procedure is performed in a safe and precise manner, utilizing a sterile microneedling tip. The procedure is typically completed in 45 minutes. Treatment time may vary based on the required treatment and anatomic site being treated. This very safe and effective procedure may be used to reduce the appearance of fine lines, wrinkles, and stretch marks without the pain of epidermal abrasion. At lower depths, microneedling can also be used to treat acne scarring. Three to five treatment sessions are recommended for best results.

How should I prepare for the treatment?

- Avoid extreme sun exposure for one month prior and post treatment.
- Avoid retinoid products, and glycolic acid products for 1 week prior to treatment.
- Notify your provider if you have a history of cold sores. The provider will pre-treat you with a medication called valacyclovir to prevent any outbreaks.
- It is preferred that you arrive for your appointment clean-faced without makeup, moisturizer, or lotions on the day of the treatment.
- Notify your provider if you have any history of keloidal scarring, metal or skin allergies, or if you have been on Isotretinoin (Accutane) within the past 6 months.

What should I expect during treatment?

A sterile cartridge containing tiny micro-points is attached to the device. Your provider will apply a thin layer of topical gel to your skin and select the appropriate treatment setting based on your unique needs. Next, in a single motion, the pen will be gently pressed against the skin while simultaneously gliding, until the entire treatment area has been covered. This process results in thousands of superficial microscopic channels throughout the entire treatment area stimulating collagen production.

What will I look like after treatment?

- Immediately after the treatment, your skin will be red and flushed with an appearance similar to a moderate sunburn. You may experience skin tightness and mild sensitivity to touch to the area being treated. The redness will diminish greatly after a few hours following the treatment and within 24 hours the skin will be generally calmed.
- If you have treatment around your eyes, you may experience micro-bruising lasting for 3-4 days. This can be covered make-up.

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- Do not take any anti-inflammatory medications such as: Ibuprofen, Motrin, and Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for skin rejuvenation.
- Do not exercise for 24-48 hours post procedure to minimize the risk of blistering.
- Within two days following your Microneedling procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this time we recommend that you apply a hydrating moisturizer.