



Micro-Needling with PRP Pre & Post Treatment Care Instructions

Pre-Treatment Instructions:

- Avoidance of Accutane for the past 6 months.
- Avoid retinoids, topical acne medications, exfoliants, hydroquinone, and benzoyl peroxide 4 days prior to the procedure.
- Avoidance of chemical peels, IPL or other Laser procedures for at least 1 week prior treatment and post-treatment.
- No waxing, depilatory creams or electrolysis 5-7 days prior.
- No significant changes in the skin recently reported including a breakdown of the skin or excessive dryness or sunburn
- Drink LOTS of water 24 hours prior to your treatment to aid in the blood draw.

Day of procedure:

- No lotions, makeup or other topical products should be on your face before your procedure.
- Please arrive with clean washed skin, but if this is not possible, we will cleanse it for you.
- After your procedure, your medical provider may apply a healing cream and sunscreen.
- You may clean your face with a gentle cleanser before bed and apply

Post-Treatment Instructions:

- Redness or sensitivity might be present and can last up to a few days. Continue to use recommended skincare as instructed.
- Avoid sun tanning and prolonged exposure to direct sunlight.
- When exposed to sun, always use an approved sunscreen of SPF 30 or above.
- Use Tylenol only as needed for any soreness.
- Avoid strenuous exercise or sweating for 12 hours after the procedure.
- Treat skin gently by washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after.
- May use mineral makeup after 24 hours.
- Repeat treatments in 4 weeks and for best results complete a series of 3 – 5 treatments.
- Immediately after your Micro-Needling procedure, 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.