

MICRONEEDLING (with or without PRP) PRE- + POST-PROCEDURE PATIENT INSTRUCTIONS

PRE-PROCEDURE INSTRUCTIONS

- Discontinue auto-immune therapies or retinoid (Retin-A) and/or any form of skin treatment 24 hours prior to procedure, ask your Healthcare Practitioner if before taking this step.
- We can not treat active acne, rosacea, or other inflammatory skin conditions. We can not treat over piercings in treatment area or open wounds.
- If you have a history of herpes simplex virus, medication must be taken per doctor's instructions prior to and after the procedure.
- If you take any medications that affect the characteristics of the skin, please consult with your Healthcare Practitioner, as these should be stopped for two months prior to treatment.
- Remain out of the sun for 14 days prior to the procedure. This includes tanning beds.
- If you have a darker skin tone, pigment on your skin may darken prior to lightening.

POST-PROCEDURE INSTRUCTIONS

- The skin will be red and flushed, similar to a mild to moderate sunburn, for 12 hours to 3 days.
- You may also experience mild swelling, tightness, and/or mild peeling. Side effects are temporary and typically resolve within 3 days. Total healing time depends on the depth of the treatment, skin type, and skin condition, and some patients may heal completely in 24 hours.
- Patients typically notice an immediate glow, but visible improvement will take about 2-4 weeks and can continue for up to 6 months.
- A series of 3-6 treatments spaced 6-8 weeks apart is ideal for optimal results. Some conditions like deep wrinkles, advanced photo-aging, stretch marks, and acne scars may need 6-8 treatments.
- Avoid harsh facial moisturizers and washes for a week post treatment.
- Avoid chemical and mechanical exfoliation for 5-8 days post treatment.
- We will provide a hydrating mask to use immediately post treatment, and a hyaluronic acid to apply AM/PM until gone.
- To dramatically increase the results of your treatment, we recommend Skinmedica TNS, Recovery Complex and Skinmedica HA5 hydrator. These two products should be used daily after.

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 5** to be connected to our answering service. **For a true medical emergency, call 911.**