

## Micro-needling Patient Instructions

### ***Pre-Treatment:***

- Inform provider of all medical conditions, medications you are taking, skin disorders, allergies, history of anaphylaxis, and any other medical problems you may have.
- Discontinue use of Retin A, Retinols, Vitamin A creams and other topical medications for 3-5 days before and after your treatment.
- Sun exposure and/or usage of a tanning bed, including self-tanning products must be avoided for a minimum of 24 hours before and after the treatment, preferably 1 week. A Micro Needling treatment will not be administered on sunburned skin.
- Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment and should not be used during your course of treatment.
- No area to be treated should receive any type of Chemical Peel for 2 weeks prior and after treatment.
- Waxing and/or use of chemical depilatories must be avoided for 2 weeks prior and after the treatment. Shaving is allowed 2 days before treatment and 48-72 hours after treatment as long as there is no skin irritation.
- You do not have active acne or open lesions on the treatment area.
- You have not been treated for skin cancer in the desired treatment area.
- If you are prone to keloid scarring this treatment might not be for you. Please discuss prior to treatment.
- If you have a history of cold sores, we may recommend you use prophylactic antiviral therapy in the form of Valtrex® or Aycylovir before your treatment. If so, follow the directions prescribed by your Doctor.
- Surgical scars must be healed for 6 months prior.
- Notify the provider of any tattoos, including cosmetic tattooing, in the vicinity of the area to be treated as tattoos must be avoided. That includes permanent makeup and microblading.
- Come to your appointment with **no makeup and clean skin**
- Do not stop taking any medications that have been prescribed to you without consulting your prescribing physician

### ***Post-Treatment:***

A sunburn-like effect is normal for 5-7 days. You will look and feel sunburned after the treatment. Severity of redness will depend on how aggressive the treatment was performed. The skin may feel tight, dry, swollen, and sensitive to the touch. The treated area may appear darker and the darkened skin may flake off within 1 week. Avoid picking or exfoliating the area and allow old skin to flake off naturally.

After Care Products and Regimen: Wash the treated area gently twice a day with a gentle cleanser. Use tepid water only. Apply a soothing, healing moisturizer or cream, as often as needed for the first 3 days.

- **Do** make sure your sheets and pillowcases are clean. Sleep on your back with your head slightly elevated to reduce swelling.
- **Do Not** use sunscreen or makeup for 12 hours. After, always use sunblock (30 SPF or higher) and wear a hat if you're outside. Only use mineral based skincare/makeup until the skin has healed.
- **Do Not** use exfoliating medications, chemicals, or products on the treated areas for at least 1 week.
- **Do Not** have contact with animals/ pets near the treated area, or on your hands for 12 hours
- **Do Not** participate in any strenuous exercise that causes sweating, Jacuzzi, sauna or steam baths if any skin irritation exists.

For best results and efficacy, we recommend a series of 3-6 treatments administered at 4-6 week intervals.

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Patient Signature

Patient Name (Print)

Date