



Mill Plain Medical Aesthetics, PC

Pre and Post Care Instructions For Microneedling

It is through the use of a safe, natural, holistic alternative for resurfacing of the skin using microneedles to produce optimal results. There may be some minimal bleeding during the treatment which is temporary. There may be some mild discomfort during the procedure. Topical coolness or anesthetic cream may be used for tolerance.

The treatment achieves to help build collagen, stimulates growth factors, smooths fine lines and may help fill in pitting or areas lacking structure and acne scars.

Pre-Treatment Instructions

- Avoid retinoids, topical antibiotics, exfoliants, hydroquinone, sunburn, and benzoyl peroxide 3 days prior to procedure
- Avoidance of IPL/Laser procedures for 7 days prior
- No waxing, depilatory creams or electrolysis 5-7 days prior to the treatment.
- No shaving the day of the procedure
- No significant changes in the skin recently reported including breakdown of skin or excess dryness or sunburn
- Skin is clean without lotion, oil, makeup, deodorant, powder, perfume or sunscreen
- Antiviral agent for 2 days prior to and day of treatment if history of cold sores.
- If an active or extreme breakout occurs before treatment, please consult your practitioner.

Immediately After Treatment

Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after 1 to 2 hours and will normally diminish within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.

Your practitioner will discuss post-procedure skincare following the treatment to help soothe, calm, and protect the skin. Continue to treat the skin gently for 3 days. Normal skincare can be resumed again after Day 3.

Post-Treatment Instructions

- 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.
- Redness or sensitivity might be present (and last up to a few days) after treatment
- Use Tylenol only as needed for any soreness
- Avoid strenuous exercise or sweating for 24 hours due to open pores
- Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment
- May use cool compresses after treatment if excessive discomfort, burning, redness, or swelling
- Avoid sun exposure for 3 days and if possible 10 days. Apply a minimum of SPF 30 every 2 hours if exposed to sun.
- May use makeup after 36 hours
- Recommend follow up and repeat treatments in 4 weeks and for best results a series of 3 – 5 treatments