

MICRONEEDLING

PRE + POST CARE



PRE-TREATMENT INTRUCTIONS

- Avoid sun exposure/burns twenty-four hours prior to treatment.
- Discontinue use of retinoids twelve hours prior to treatment.
- Please discontinue products containing any exfoliating agents (retinoic acid, tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) 24 hours before treatment.
- You should not have an active breakout, active cold sores, or open lesions. If this occurs, your microneedling treatment will be rescheduled.
- Allow at least 12 hours after autoimmune therapies before having a microneedling treatment.
- Wait six months following isotretinoin (Accutane) use.
- Skin types Fitzpatrick IV-VI, pigment may darken prior to lightening.
- Wait at least:
 - Forty-eight hours before or, four weeks after tox treatment to have a microneedling treatment.
 - One week before or, four weeks after any fillers such as Juvederm, Restylane, etc.
 - One month before or after laser treatments, chemical peels, or microdermabrasion treatments, unless specified by your provider.

CONTRAINDICATIONS + WHEN TO RESCHEDULE

Although it is impossible to list every potential risk and complication, the following are recognized as known contraindications to microneedling. Furthermore, it is your responsibility to fully and accurately disclose all medical history prior to initial treatment, as well as provide any necessary updates at all future treatment sessions.

If you have any of the conditions listed below, please notify your treatment provider **PRIOR** to your appointment:

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| • Active Acne | • Hormone Replacement Therapy | • Scleroderma |
| • Active Infection (Bacterial, Viral, Fungal) | • Keloid/Hypertrophic Scarring | • Skin Cancer |
| • Blood Thinner Medications | • Pregnancy / Lactation | • Sunburn |
| • Cardiac Disease/Abnormalities | • Raised Lesions (Moles, Warts, Etc.) | • Tattoo |
| • Chemotherapy Or Radiation | • Recent Chemical Peel | • Telangiectasia/Erythema |
| • Collagen Vascular Disease | • Recent Use Of A Topical RX | • Uncontrolled Diabetes |
| • Eczema, Psoriasis, Or Dermatitis | • Rosacea | • Vascular Lesions (Hemangiomas) |
| • Hemophilia / Bleeding Disorders | | |

WHAT TO EXPECT

- Immediately after your microneedling 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 recover within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.
- Redness or sensitivity might well be present. Some swelling can last 2-4 days, depending on how aggressive of a treatment you received.
- Peeling **may** start 3-5 days after treatment. You will notice skin dryness and flaking. This is due to an increased turnover of skin cells. **Do not pick, scratch, or scrub at treated skin!** Allow old skin to flake off naturally. For extra dry skin, apply moisturizer every two hours if needed.
- A brief and temporary “purge” or breakout is possible as congestion rises to the surface.

AFTER YOUR TREATMENT

- Treat skin gently, wash with gentle cleanser, such as Cetaphil, cool water, using hands only, pat dry no earlier than 4 hours after treatment.
- Do not take any anti-inflammatory medications such as Ibuprofen, Motrin, or Advil for one week.
- DO NOT ice face or use arnica or bromelain. These agents may interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- Use Tylenol as needed for soreness.
- **Avoid sun tanning and prolonged exposure to direct sunlight for two weeks.** After 24 hours, always use a full spectrum sunscreen SPF 30 or above. When exposed to the sun, wear a hat and apply sunscreen every two hours.
- Avoid strenuous exercises that cause sweating. Avoid jacuzzi, sauna, or steam baths for 48 hours after treatment due to open pores.

If you have any questions or concerns, please call or text Ari Blanc Medical Spa at (267) 687-7346.