

Microneedling

Pre and Post Treatment Instructions

Products: Rejuvapen NXT®

Pre Treatment Instructions

- Avoid Accutane for the past 6 months
- Do not use topical agents that may increase sensitivity of skin: retinoids, topical antibiotics, exfoliants, acids that may be drying or irritating to the skin (such as alpha hydroxyl acid (AHA) beta hydroxyl acids (BHA), exfoliating masks, salicylic acids, hydroquinone, and benzoyl peroxide acne products) 5-7 days prior
- Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil for 3 days prior to treatment. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation
- Avoidance of IPL/Laser procedures, unprotected sun exposure or sunburn for 2 weeks prior
- No waxing, depilatory creams or electrolysis to area being treated 5-7 days prior
- No shaving the day of the procedure to avoid skin irritation. If there is dense hair present in the treatment area, closely shave the area the day before you arrive at your appointment. Moles, warts or actinic (solar) keratosis cannot be treated.
- If you are prone to cold sores, take an antiviral agent for 2 days prior to and day of treatment. Call the office for a prescription.
- Bruising is a common risk especially with PRP injections. Avoid blood thinning agents (aspirin, fish oil, Omega-3, Vitamin E) for 1 week prior.

Optional

Preparing the skin for this procedure will ensure optimum results. Healthy skin will respond better and results will last longer. Skin cells need nutrients for best function. Skin care for pre-conditioning 4-6 weeks prior. Provider will make recommendations if pre-conditioning is needed.

- Dietary recommendations for optimal healing and result. We recommend Collagen supplements for 2 weeks pre-and post-treatment.

Contraindications

Pregnancy, actively infected or actively inflamed skin, skin irritation, cystic acne to area being treated, keloid scars, allergies to topical lidocaine and sunburn.

Day of Treatment

- Skin is clean without lotion, oil, makeup, powder, perfume or sunscreen. Patients may wash their face in the office upon arrival if needed.
- Inform the provider of any relevant changes in your medical history and of all medications you are taking.
- Notify the provider of any cosmetic tattoos to areas being treated.
- Topical Lidocaine will be applied in office for ~30 min prior to treatment.

If combining Micro-Needling with Platelet Rich Plasma (PRP), your blood will be drawn in the office while you are numbing.

Post Treatment Instructions

Do not take any anti-inflammatory medications such as ibuprofen Motrin or Advil for 1 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. Avoid sun tanning and prolonged exposure to direct sunlight for 2 weeks. After 24 hours, always use a full spectrum sunscreen SPF30 or above. When exposed to the sun, wear a hat and apply sunscreen every 2 hours.

- Washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment
- Use Tylenol only as needed for any soreness
- Optional dietary recommendations: Eat fresh pineapple, tart cherry juice (no sugar), salmon (omega-3 fish oil), bone broth based soups, continue taking collagen for 2 weeks to optimize healing. Avoid dairy, wheat and sugar for best results.
- Avoid strenuous exercises that cause sweating, jacuzzi, sauna or steam baths for 24 hours due to open pores, or up to 48 hours if inflammation exists.
- Avoid make up for at least 24 hours
- Do NOT peel any dry or flaking areas. Keep skin moisturized.
- Sleep on your back with head of bed elevated to minimize swelling or pain if needed
- For best results, we recommend follow up and repeat treatments in 4-6 weeks and a series of 3-5 treatments depending on your personalized care plan.

Day 1-3

A sunburn -like effect is normal. The skin will feel tight, dry, sensitive to touch. Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment. Redness or sensitivity might well be present. Some small bruising is common with PRP injections and may last up to 5-7 days and swelling can last 2-4 days depending on how aggressive of a treatment you received.

Plan your social calendar accordingly!

Day 2-7

- You may notice some peeling beginning 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 and keep moisturized AT ALL TIMES with Hyaluronic serum and/or AnteAGE aftercare kit

Day 5-7

You may restart your regular skin care products and Retin-A once your skin is no longer irritated. Many patients have noticed continued skin improvement for months following the last treatment.

It is normal to have mild tenderness, irritation, and possible bruising. Contact the Office Immediately if any of the Following Signs of Infection Occur:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Severe pain that is unresponsive to over-the-counter pain relievers