

## GUIDELINES FOR MICRONEEDLING

### PRE-PROCEDURE

1. Make sure you avoid any sun exposure for at least 4 weeks prior to your microneedling treatment. Treatment of skin that is tanned can increase risk of blistering and/or permanent skin damage.
2. Avoid self-tanning lotions in the month prior to treatment.
3. Stop use of Retin-A, Renova or equivalent skin peeling agents (retinols) one week prior to the procedure.
4. If you have a history of cold sores and/or herpes outbreaks, you should start taking a prescribed oral antiviral medication starting 2-3 days before your procedure and continuing 2-3 days afterwards. Contact our office to have this prescription called in to your local pharmacy if applicable.
5. Stop taking any of the following medications 10 days prior to your procedure: Advil, Motrin, Ibuprofen, Aleve, Celebrex, and Naprosyn.
6. You *can* take Tylenol (1000 milligrams) about 30 minutes prior to arrival in the office.
7. Do NOT apply any makeup on the day of your procedure.
8. About 1 hour prior to the scheduled procedure time, you should apply a topical numbing medication to the planned laser areas. This prescription topical medication may need to be called into your local pharmacy.
9. If you have been on Accutane in the prior six (6) months, you should inform Dr. Hilinski's staff.

### AFTER CARE

1. Apply the Skinfuse serum starting the day of the procedure – continuing for 24 hours post procedure.
2. Avoid sweaty exercise, sun exposure and tanning beds for at least 72 hours post procedure.
3. Avoid other facial aesthetic treatments for one (1) month following treatment.
4. Avoid applying make up for up to 72 hours.
5. If PRP was used in combination with your microneedling treatment, do not take any anti-inflammatory medications, such as ibuprofen, Motrin and Advil for at least one week.
6. Do not use any powered cleansing brushes (such as a Clarisonic) for one week post procedure.
7. Finish the antiviral medication if it was prescribed.

### TYPICAL TIMELINE

The following is a typical recovery timeline for most microneedling patients:

#### Day 1-3

- A sunburn-like effect is normal.
- The skin will feel tight, dry, and sensitive.
- Redness is common and may be present.
- Treat the skin gently - washing with a cleanser and cool water.

#### Day 2-5

- Peeling may start 2-5 days after treatment.
- You will notice skin dryness and flaking.
- Do NOT pick, scratch or scrub the treated skin.
- Allow the old skin to flake off naturally.

Day 5-7

- You may restart your regular skin care products (including Retin-A) once your skin has begun to heal.
- Continue with sun precautions for several more weeks.

**QUESTIONS?**

Call our offices immediately at (619) 296-3223 if you have any questions or concerns.