

Fractionated Microneedling Pre- and Post- Treatment Instructions

Before your treatment:

- **Avoid use of non-steroidal anti-inflammatory drugs** (NSAIDs like aspirin, motrin, advil, ibuprofen, or any other non-tylenol, non-acetaminophen product) for 7 days prior to treatment to minimize the potential for bruising, unless the medications involved are prescribed for the treatment of an existing medical condition. If you must use these medications please call our office prior to your procedure date to discuss.
- If you are **on a blood thinner**, please let the doctor know. You will be at an increased risk of bleeding and bruising during the procedure.
- **Hydrate:** for seven days prior, moisturize your skin in the morning & evening. Drink at least 8 glasses of water per day.
- If you have a history of **fever blisters**, take antiviral medication starting 1 day prior and follow the directions on your prescription. If you do not have a prescription for an antiviral, please call our office before your procedure.
- **Stop all topical acids** (like glycolic, alpha or beta hydroxyl acids), retinols, retin-A, or other like products 7 days prior to treatment.
- **Avoid tanning beds, self tanners or prolonged exposure** to the sun 4 days prior to treatment. Always use a zinc oxide based sunscreen with SPF 30+.
- If you are **planning to receive Botox**, make sure that you give yourself at least 2 weeks post-Botox injections before receiving this procedure.
- If an active or **extreme breakout occurs** before treatment, please call us.
- Wait 6 months following **oral isotretinoin (Accutane)** use before having this procedure done.

After your treatment:

- **Expected downtime: 3-5 days.** The expected healing sequence and expected treatment side effects include redness, swelling, bruising, light discomfort, and possibly small bumps, scabs and pinpoint bleeding.
- **Do not go swimming** for at least 24 hours post-treatment.
- Mineral makeup may be applied 24 hours after treatment
- During the first two days following treatment, care should be taken to prevent irritation/trauma to the treated area: **avoid hot baths & massage.**
- **No exercising or strenuous activity** for the first 24 hours post-treatment. Sweating and gym environments must be avoided during the first 72 hours post-treatment.
- **Avoid intentional and direct sunlight** for 48 hours. No tanning beds. Try to avoid excessive sun exposure on the treatment area and use a sunscreen (SPF 30+) daily for one month following the procedure.
- **Cleanse the treated area with mild cleansers or soaps** without perfumes or acids, and avoid washcloths and harsh cleansers until all transient healing processes have resolved naturally or at least 7 days.
- For at least 7 days post treatment, **do NOT use** any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare. It is **recommended that you use a topical growth factor** daily starting at 24 hours post-treatment.
- If you are planning to receive Botox or fillers, make sure that you **wait at least 2 weeks** after this procedure **before receiving Botox/filler injections.**

Please contact our office (727-323-8074) if you have any concerns about how your skin is responding to treatment or is healing. If you are healing well, you may resume using limited mineral makeup 48 hours later.

DO NOT resume the use of topical acids, retinols, retin A, etc. for 7 days.