MICRONEEDLING TREATMENT INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS:

- Discontinue the use of Retin A, Retinols, Vitamin A creams and other topical medications for 5-7 days prior to your Microneedling treatment.
- It is recommended and required that you wear SPF 30 sunscreen daily to protect your skin.
- Avoid sun exposure for 2 weeks prior to your treatment. This also includes sunbeds and self tanner products.
- If you have been prescribed Accutane & been taking it within the last year, please consult with a Provider.
- 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 to your appointment. Moles, warts or actinic (solar) keratosis cannot be treated.
- If you are prone to cold sores, take antiviral agent for 2 days prior to and day of treatment. Call the Vive office for a prescription.
- Please inform your Aesthetician about your history of any Blood Disorders.
- If you have Diabetes, this treatment may affect your healing process. Please consult with a Provider prior to your treatment.
- Bruising is a common risk especially with PRP injections. Avoid blood thinning agents (aspirin, fish oil, Omega-3, Vitamin E) for 1 week prior. May resume day after treatment.

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 sun screen SPF30 or above. When exposed to sun, wear a hat and apply sunscreen every 2 hours.
- Use Tylenol only as needed for any soreness. It is normal for your skin to feel tight, burning & irritated.

- 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.
- Sleep on your back with your head elevated to minimize swelling or pain as needed.

Plan your social calendar accordingly!

DAY 1-3

- A sunburn -like effect is normal. The skin will feel tight, dry, and sensitive to the 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.
- If adding PRP, some small bruising is common and may last up to 5-7 days and swelling can last 2-4 days depending on how aggressive of a treatment you received.

DAY 3-5

- 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 and keep moisturized AT ALL TIMES – your aesthetician will give you recommendations of best post-treatment moisturizer.

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.
- 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.