

Before your MICRONEEDLING treatment:

Microneedling (We utilize the SkinPen Precision Technology) is usually suggested by your provider to stimulate the body's own collagen production to improve your skin's overall appearance. It can reduce the appearance of fine lines and wrinkles, stretch marks, skin laxity, pore size and scarring. Please inform us of any medical history including scleroderma, collagen vascular disease, cardiac or vascular abnormalities, immunosuppression. Pregnancy and breastfeeding are contraindicated.

Patients that have active acne, rosacea and other inflammatory conditions, open wound, cold sores, or have been on Accutane in the last 6 months should postpone their treatment until resolved.

Usually patients receive a series of 3-6 treatments spaced 4-6 weeks apart.

If using tretinoin/Renova/Retin-A stop 24 hours prior.

If you have a history of cold sores, take antivirals as directed by your physician. If desired purchase Arnica pills from Whole Foods or other natural food store prior to treatment and take as directed on package before and after to help swelling.

AFTER your MICRONEEDLING treatment:

Immediately after the treatment, you will notice a bright redness. This can last 2-4 days.

Use our preferred product, the Epionce kit (\$30.00) as directed to keep the skin hydrated and protected. Or the provided after care gel and gentle products like Cerave and Cetaphil. Reapply sunscreen every 2 hours if outdoors.

Avoid strenuous exercise for 12 hours and excessive sun exposure for the first 72 hours.

If you started Arnica pills, continue as directed on the package.
If taking anti-viral continue for 7 days or as directed by a physician.

Do not use any skin exfoliants or scrubs for 10-14 days after treatment.
Day 4 - you can resume normal skin care routine including Retin-A.
Clean any items contacting your skin (cell phones, glasses), as you have open wounds and are more susceptible to infection.

Use a clean pillowcase the night after treatment, and wash after use. Avoid makeup for 24 hours after the treatment

If you have any questions or concerns, please contact our office.