



Pre Micro Needling Instructions

- Avoid Vitamin E, Fish Oils and Ginkgo Biloba for one week prior to treatment.
- Avoid aspirin 2 weeks before treatment. *(Please consult with your physician first if you are on an aspirin regimen)*
- Stop topical retinoids, retinol, retin A, and acids one week prior to treatment.
- If using Accutane, a 12-month waiting period after discontinuation of medication is required
- Please notify us if you have ever been diagnosed with Herpes Simplex Virus (HSV) or cold sores. You may require prophylactic medication therapy.
- No injectable fillers or Botox three weeks prior to micro-needling
- It is strongly recommended that you prepare your skin with proper supportive skin care.
- Topical antioxidants, peptides, retinoids and sunscreen help prepare the skin and to help support and maintain results.
- Proper nutrition and supplementation is recommended to support healthy tissue.
- It may also be beneficial to use a cosmetic needling device for home use between medical micro-needling treatments.
- No chemical services, hair dye or bleach the week before and after micro-needling.

What to expect after your treatment:

- Immediate pinpoint bleeding can occur, which will resolve within 10 minutes
- Redness and swelling can occur for 1-3 days. Skin may feel tender to the touch with minor stinging similar to a sunburn. You may take Benadryl to alleviate.
- Minor peeling and flakiness will occur after a few days. Don't pick at the skin.
- Skin may feel tender to the touch.
- Make-up such as mineral foundation is permitted the following day with freshly cleaned brushes.



Post Micro Needling Instructions

- The initial 72 hours post-procedure are the most critical
- Avoid direct sun and heat. This includes simple day to day tasks such as gardening, cooking over a hot stove for a long period of time, sitting next to a bonfire or fireplace.
- Limit Exercise the first 3 days.
- Call the office if you have any unusual swelling. **603-294-4526**
- Discontinue use of any Alpha-Hydroxy products and retinoids. You may resume your homecare regimen on 4th day when skin is no longer flaking and peeling (usually four days post procedure)
- You will be instructed on what to use on your skin for first 3 days.
- Use hydrating and reparative products after first 72 hours. Products rich in soothing and healing ingredients are best to encourage new healthy cell growth. Peptides, antioxidants, stem cells, vitamins A, C and E, and growth factors work very well. We have a safe option available.
- Use physical sunscreen, protective sun care products should be applied no less than every 30 to 90 minutes. SPF of 50 is recommended.

Do not go outside without sun protection even on cloudy day.

- No scratching or picking
- Drink plenty of water
- Sleep with head slightly elevated
- Mineral makeup powder may be applied the next day

Failure to follow care instructions could lead to less than desirable results.

Please call the office at 603-294-4526 if you have any questions or concerns.