



Pre and Post Treatment Instructions

Microneedling®

For your safety and in order to obtain optimum results, the instructions below should be followed

Microneedling is a safe, natural, holistic alternative for resurfacing the skin using microneedles without an aggressive machine, which is safe for all skin types. When combined with autologous (your own) Platelet Rich Plasma (PRP) used topically and injected, this treatment provides optimal results to improve wrinkles, large pores, scars, stretch marks and overall skin appearance by stimulating new collagen/growth factor formation.

- How to Prepare for a Microneedling Treatment:

- o ABSOLUTELY avoid any sunburn or suntan for 2 weeks prior to the microneedling treatment. Treatment of tanned skin can increase the risk of permanent skin discoloration.
- o Stop using topical agents that may increase sensitivity of the skin (Retin-A, retinol, AHA, exfoliating masks, salicylic acids, hydroquinone, benzoyl peroxide) for one week prior to treatment, Accutane for 6 months prior.
- o Avoidance of BBL/laser procedures for 2 weeks prior.
- o No waxing, depilatory creams or electrolysis to area being treated 5-7 days prior.
- o 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 your appointment.
- o Please inform us if you have any history of "herpes", "cold sores", or "fever blisters". In such instances, we recommend taking Valtrex 500 mg, 1 tablet twice a day for 5 days starting on the day before the treatment.

- What to Expect During the Appointment:

- o If combining with PRP, your blood will be drawn on initial arrival to your appointment. The blood will sit for thirty minutes before it can be placed into a centrifuge, after which the platelet rich plasma will be extracted. Please ask for the WiFi password if you would like to use your device while we wait.
- o After your blood is drawn, topical numbing medicine will be applied to your skin.
- o If microneedling is being performed alone, **please apply numbing medicine 30 minutes prior to appointment.**

- What to Expect After the Microneedling Treatment:

- o You will leave with a light pink glow for the next 24 - 48 hours and are able to resume normal activity the same day.
- o For the first 24 hours, you will need to keep the skin moist. It is important for the treated area to remain soft and pliable during this time.
 - ◆ On the treatment day, do not wash your face. Apply the recommended post-treatment product as often as needed to keep it moist.
 - ◆ Your recommended post-treatment product: _____
 - ◆ On day 1, you may wash your face with a gentle cleanser and then reapply the recommended post-treatment product throughout the day.
 - ◆ On day 2, you may resume gentle products (no exfoliating or retinol)
 - ◆ On day 6, you may resume your normal skincare routine.

- o **ZO Accelerated Serums:**
 - ◆ If you purchased a ZO Accelerated Serum, begin using it on the treatment day. Apply it that night, followed by the recommended post-treatment product.
 - ◆ Beginning on day 1, use it as the first product you use after cleansing your skin both morning and night until it runs out (about 1 week).
- o Within 24 - 48 hours the redness will have significantly improved.
- o The skin will feel tight and may be itchy. Peeling or flaking may occur and could start on the 2nd or 3rd day following your treatment. **NO MATTER HOW TEMPTING, DO NOT PICK OR SCRUB YOUR SKIN.** Let the peeling occur naturally over the course of a few days.
- o Your new, healing skin needs to be properly cared for. Please followed by above instructions for each day.
- o Make-up can be used once the redness has resolved.
- o **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 2 WEEKS BEFORE AND AFTER TREATMENT.** A total sunblock containing zinc oxide or titanium dioxide should be applied daily if you are in the sun. If further treatments are needed, a commitment to stay out of the sun is necessary. Sun exposure may cause certain complications such as permanent skin discoloration.

I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.

Patient Signature

Witness Signature

Date