



Pre & Post Care for Microneedling

Before Treatment:

- ❖ Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, a minimum of 7 days prior to treatment. It is fine to continue iron and vitamin D.
- ❖ Avoid alcoholic beverages for 24 hours prior to procedure as this can increase the risk for bleeding and bruising at the treated site(s).
- ❖ If you have a history of cold sores or significant allergies/sensitivities please let the provider know.

Contraindications:

You should not have treatment done if you have any of the following conditions:

- ❖ Neuromuscular disorder, Pregnant or breastfeeding

Post-Procedure

- ❖ Some discomfort, stinging, throbbing or headache is normal for the first few hours. You may take tylenol.
- ❖ There can be a slight chance of bruising/splotches, this is temporary.
- ❖ Cold compresses may be used after the treatment to reduce swelling and decrease soreness. You may take Tylenol (if not contraindicated) every 4-6 hours after the treatment to help with any discomfort you may have.
- ❖ Patients should avoid strenuous exercise for 72 hours
- ❖ Avoid excessive touching or massaging the treated areas for about 1 week
- ❖ Skin will show signs of redness or erythema and will appear similar to a moderate sunburn. You may also have facial swelling, particularly around the eyes, for several days following treatment. This is normal and will subside in 2-4 days.
- ❖ Around 3 days post-treatment, there should be less evidence of procedure. Skin may feel slightly tight, dry, and mildly sensitive to touch for 5 days. Flaking can occur on days 5-14 after treatment.
- ❖ We recommend waiting 2 weeks after micro needling to have any other cosmetic procedures
- ❖ You can return to regular skin care and makeup routine 2-3 days after treatment. Please restart your skincare after 5-7 days. We recommend continued use of daily microneedling safe sunscreen.
- ❖ Results from microneedling can take 3+ months due to the collagen timeline. Schedule your next microneedling in 5-6 weeks

Contact the office immediately if you have any of the following:

- ❖ Increased warmth at or around the treated area, Fever of 101.5 or greater
- ❖ Severe pain that is unresponsive to over-the-counter pain relievers

Please contact us at (323) 909-9434 if you have any questions or concerns.