

Micro Needling – Pre and Post Treatment Guidelines

Pre-Treatment Guidelines

- Avoid excessive **Alcohol, Aspirin, NSAIDs** (ibuprofen, Aleve) **Garlic, Ginkgo Biloba, Fish Oils and Vitamin E** for 5-7 days prior to your treatment unless recommended by your physician. This may help to decrease the risk of bruising during your treatment but is not contraindicated.
- Stop using topical retinoids 1 week prior to treatment**
- Avoid sun exposure 2 weeks prior to the treatment
- For **Cold Sore sufferers** - it is recommended to take anti-viral medication, the day before, the day of and the day after your treatment.
 - o **Valtrex** - Take as directed
 - o **Please let us know if you need a prescription**

What to Expect after your Treatment

- Immediate pinpoint bleeding can occur, which should resolve within 24 hours
- Minor redness and swelling may occur for 1-2 days
- Minor peeling and flakiness can occur after a few days. Don't pick at the loose skin.
- Call VIDA Aesthetic Medicine if you experience excessive redness, swelling, pain or drainage as these might indicate an infection

Post-Care and Post-Treatment Guidelines

- The initial 72 hours post-procedure are the most critical
- Avoid direct sun and heat for 3-4 weeks. 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, etc.
- Discontinue use of any Alpha-Hydroxy products 5 days after treatment. You may resume your home care regimen when skin is no longer flaking and peeling.
- Use hydrating and reparative products. 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
- Use physical sunscreen with an SPF 30 or higher. Re-apply every 30 to 90 minutes. Do NOT go outside without sun protection (even on a cloudy day).
- Do not apply your regular make-up and SPF for a minimum of 24 hours after your treatment
- Itching, redness and swelling are normal parts of the healing process. These symptoms rarely persist longer than 24-72 hrs.
- Do NOT scratch or peel the skin as this may cause permanent scarring
- Limit exercise the first week
- Drink plenty of water
- Special camouflage foundation called Oxygenetics can be worn which promotes the healing of damaged skin post treatment

Please call us if you have any questions at 859-554-0519

