



76 Webster St. Manchester, NH 03104
603-232-5421

Pre- Treatment Micro-needling Instructions

- ♥ Arrive to appointment with no make-up and clean face if able to do so.
- ♥ If planning to do Micro-needling with PRP (blood draw) be sure to be hydrated and not on an empty stomach.
- ♥ Stop Retin-A/ Retinol, Benzyl Peroxide, and Hydroquinone products 3 days before your appointment.
- ♥ Avoiding blood thinning products 3-5 days before your appointment to decrease the risk of bruising these include: Aspirin, Motrin, ibuprofen, and Aleve. As well as herbal supplements such as garlic, vitamin E, Gingko biloba, St. John's Wort, fish oil, flax oil, cod liver oil, avocado and turmeric.
- ♥ Accutane treatment must be done for 6 months prior to any Micro-needling treatment.
- ♥ If prone to cold sore break outs, please let provider know and can pre-treat as needed.
- ♥ Not a good candidate if you have a sunburn, pregnant, suffer from severe rosacea, scarring disorders, active sores, rash (psoriasis, eczema) or infection to the treatment area.
- ♥ Recommended Medical grade skin care regimen for preconditioning for 4-6 weeks for optimal results.
- ♥ Avoidance of IPL/Laser procedures for 7 days prior.
- ♥ Must wait 2 weeks after Botox or Filler treatment to get Micro-needling.
- ♥ No waxing or electrolysis 5-7 days prior.
- ♥ No shaving the day of the procedure .

Post- Treatment Micro-needling Instructions

- ♥ Avoid washing the treated area for 24 hours; DO NOT APPLY ANYTHING TO SKIN except Lyft gel as needed if tight, itchy, or irritated.
- ♥ Be sure to have clean pillowcases and avoid cute furry animals from licking skin.
- ♥ Avoid strenuous exercises that causes sweating for 48 hours ideally; increases risk of infection.
- ♥ Avoid jacuzzi, sauna, or steam baths for 24 hours after treatment due to open pores, or up to 48 hours if inflammation exists.
- ♥ DO NOT ice face or use arnica or bromelain. These agents may interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- ♥ Use Tylenol as needed for soreness; ibuprofen is blood thinning and can increase risk of bruising.
- ♥ Can take an antihistamine for swelling; Claritin, Zyrtec, Allegra, or Benadryl.



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- ♥ Avoid sun tanning and prolonged exposure to direct sunlight for two weeks. After 24 hours, always use a full spectrum sunscreen SPF 30 or above. When exposed to the sun, wear a hat and apply sunscreen every two hours.

DAYS 1-3

- ♥ A sunburn-like effect is normal. The skin will feel tight, dry, and sensitive to the touch. Treat skin gently, washing with a gentle cleanser (ZO GENTLE OR ZO HYDRATING CLEANSER), cool water, using hands.
- ♥ Some small bruising is common and may last up to 5-7 days, and swelling can last 2-4 days, depending on how aggressive of a treatment you received.
- ♥ HYDRATE skin as needed with ZO hydrating Crème throughout the day.
- ♥ If needed, sleep on your back with head of bed elevated to minimize swelling or pain.
- ♥ DRINK LOTS OF WATER! Helps with swelling and healing process.
- ♥ Acne or milia break outs may happen as everything comes to the surface. THIS IS GOOD!

DAYS 3-7

- ♥ Peeling may start 3-5 days after treatment. You will notice skin dryness and flaking. This is due to an increased turnover of skin cells. THIS IS GOOD!
- ♥ Do not pick, scratch, or scrub at treated skin! Allow old skin to flake off naturally and KEEP SKIN MOISTURIZED AT ALL TIMES (ZO Hydrating Crème).

DAYS 5-7

- ♥ You may restart your regular skincare products and Retin-A once your skin is no longer irritated.
- ♥ For best results, we recommend follow-up and repeat treatments in 4-6 weeks and a series of 3-8 treatments depending on your personalized care plan.

Days 7+

- ♥ A week after the Medical Micro-Needling procedure, most patients notice that their skin is smoother and more radiant. Continue with sun protection every day and reapply every 2 hours if outdoors.



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- ♥ Remember micro-needling takes time to see full results and always incorporate a home skincare routine for optimal results!
- ♥ No Botox treatment 3 days after a Micro-needling treatment has been performed.
- ♥ No dermal filler treatment 7 days after a Micro-needling treatment.
- ♥ Wait 1 month after for laser treatments or chemical peels.
- ♥ Wait at least 7 days for a facial wax; it can cause skin to lift.

Results vary from patient to patient; the goal is not perfection but improvement of your skin. It can take a few months to see long term benefits from Micro-needling; treatment recommendations vary depending on your skin goals.

If any questions or concerns, please call our office 603-232-5421