



## THE NADERI CENTER

### COSMETIC SURGERY SPECIALISTS

#### MICRONEEDLING PRE AND POST-TREATMENT CARE INSTRUCTIONS

##### **Pre-Treatment Instructions**

1. If you have active acne in area of treatment please call to reschedule.
2. You will be placed on a medication called Zovirax three days before the treatment to prevent an outbreak of cold sores. You will continue this medication as prescribed on your medication bottle.
3. Please arrive with fully cleansed skin: no makeup, moisturizers, perfume, cologne or any other products on the skin.
4. Avoid Retin-A, retinoids, topical antibiotics, exfoliants, hydroquinone and benzyl peroxide 3 days prior to treatment.
5. Topical numbing cream will be applied pre-treatment. Notify us of any medication allergies, PREGNANCY OR NURSING.
6. No sun exposure, tanning beds or self-tanning products for three days prior to the procedure. Procedure will be canceled if you are sunburned.
7. None of the following can be used or performed two weeks prior to treatment: chemical peels, waxing, and chemical depilatories.
8. Do not shave the area to be treated the day of the procedure.
9. Bring a hat and/or scarf on the day of your procedure to wear after your treatment.

##### **Post-Treatment Instructions and expectations**

1. Use ONLY your post-treatment products for the first four days after your treatment. Do not use any of your own products during this time period.
2. NO SUN EXPOSURE for at least 14 days, ideally 30 days after the procedure.
3. NO tanning beds or self-tanning products for 7-14 days after procedure.
4. NO picking or exfoliating the skin.
5. NO vitamin A products for 7 days post treatment (Retin A, Retinol, Tazorac).
6. NO chemical peels 14 days post treatment.
7. NO shaving for 3 days after the procedure. If the skin is still irritated continue to wait longer before shaving.
8. NO toners for 14 days post treatment.
9. NO sweating, exercising, jacuzzi, sauna or steam bath until skin irritation has resolved (3-7 days).
10. NO exfoliating medications, chemical products or devices for at least 7 days post treatment.
11. Ice packs and Tylenol are okay if you are feeling discomfort or swelling. Do not use anti-inflammatory medications such as Motrin or Ibuprofen as they may decrease the benefits of your microneedling treatment.
12. Eat fresh pineapples or drink pineapple juice to minimize bruising. A topical arnica cream can be applied post treatment or arnica pills to help with bruising.



## THE NADERI CENTER

### COSMETIC SURGERY SPECIALISTS

#### WHAT TO EXPECT AFTER YOUR MICRONEEDLING TREATMENT

After the treatment your skin will be red and flushed similar to a moderate sunburn. The redness should be greatly reduced within 24-48 hours. During the healing process you may experience swelling, burning, itching, bruising, soreness, skin tightness, flakiness, sensitivity and dryness. It may take up to 5-7 days for the skin to heal depending on the extensiveness of your treatment. **USE ONLY THE PRODUCTS WE GIVE YOU FOR THE FIRST FOUR DAYS.** Make sure to wash your face with only cool water and the mild cleanser that we provide and pat your skin dry. Mineral based sunscreen with SPF of at least 30 should be applied and reapplied every 60-90 minutes while outdoors.

##### **Day 1**

It is normal and expected for your skin to feel red, sun-burnt, tight, dry, swollen and sensitive to the touch. You may also experience some stinging. Drink plenty of water, avoid make-up and use only the products in your post-treatment kit. You may reapply the kit moisturizer repeatedly throughout the day. Stay away from exfoliants or glycolic acids that are present in other cleaners as these can make your skin very dry after the procedure. Use Tylenol for pain but avoid Motrin and Ibuprofen as these may decrease the wanted effects of the procedure. Avoid the sun and apply sunscreen every hour while outdoors.

\*\*\*If PRP was included in your treatment, do not wash off the PRP solution until the morning after your treatment.\*\*\*

##### **Day 2**

May feel the same as you did Day 1. Skin feels dry, tight and red. Use your post-treatment cleanser and cream. Use your post-treatment care kit as instructed. Do not use any of your own products.

##### **Day 3**

Pink. Less swelling. Mineral make-up is okay to start using. Continue with post-treatment care kit. Your skin may start to flake or peel. Do not pick or exfoliate the skin.

##### **Day 4-6**

Minimal swelling, minimal bruising, may have some flaking. May start to use your own mild cleanser and moisturizers. Continue with sunscreen use. You may resume exercise.

##### **Day 7**

Starting to look great! Resume regular products for skin, including vitamin A products. Continue to avoid sun exposure. There may be areas that are darker that flake off after a week.

##### **Day 8-28**

Avoid direct sun exposure. Use a minimum of SPF 30 while outdoors and reapply every 1- 1½ hours.

*For best results and efficacy we recommend a series of 3-5 treatments at 4-6 week intervals and then treatments for maintenance at least once a year. **If you have any concerns, please call us immediately at 703-481-0002.***