



THE NADERI CENTER
PLASTIC SURGERY & DERMATOLOGY

Microneedling

Collagen Induction Therapy · Treatment Instructions

Having more than one treatment? Follow the more cautious instruction. Always follow The Naderi Center's instructions rather than advice from friends, family, or online research.

ABOUT MICRONEEDLING

What it is. Microneedling creates tiny, controlled channels in the skin that trigger its natural healing and new collagen, to improve texture, fine lines, pores, and acne scars.

- **A series, then maintenance.** Most people start with 4–6 treatments, spaced 4–6 weeks apart. After that, we recommend one microneedling treatment every 4 months, indefinitely, to maintain your results; most patients benefit from at least three sessions a year. Improvement is gradual and continues for months as your skin builds new collagen.
- **Downtime.** For most people, downtime is minimal, about 24–48 hours, though it can sometimes be longer.

BEFORE YOUR TREATMENT

THE NADERI ANTI-BLEEDING, ANTI-BRUIISING DIET

Start 2 weeks before your treatment. What you eat and take makes a big difference in how much you bleed and bruise. Most people think, “I eat healthy, so I’m fine,” but healthy foods are often the ones that cause bleeding: **nuts, seeds, fish, fish oil, vitamin D, NSAID pain medications such as ibuprofen, and supplements, especially herbal supplements.** Many other ingredients in today’s foods, drinks, vitamins, and supplements do the same.

Scan the code for the full list.



Full list

Fresh pineapple, including the center core, and pineapple juice are fine before and after, and they help. Start Arnica and bromelain supplements after your treatment, not before.

- **Acne.** If you have active acne in the treatment area, please call to reschedule.
- **Cold sores.** If you have a history of cold sores, tell your provider. You may be prescribed an antiviral to take as part of your microneedling treatment.

- **Accutane.** Tell us if you have taken Accutane (isotretinoin) in the past 6 months.
- **No harsh skincare products or treatments.** Avoid Retin-A, retinoids, topical antibiotics, exfoliants, hydroquinone, and benzoyl peroxide for 3 days before. No chemical peels, waxing, or depilatories within 2 weeks of treatment.
- **Avoid the sun.** No sun, tanning beds, or self-tanner for 3 days before. If you are sunburned, the procedure may be canceled for your safety. Bring a hat and/or scarf to wear after your treatment.
- **Shaving.** If you shave the area, shave the night before, not the day of, to avoid irritation.
- **Arrive with clean skin:** no makeup, moisturizer, perfume, cologne, or other products.
- **Numbing cream.** We apply numbing cream in the office before your treatment. Too much numbing cream can be absorbed into the bloodstream and cause serious side effects. **Do not apply large amounts to large areas at once,** and never cover it with plastic wrap or add heat. Use it only as our team directs.
- **Tell us** about any medication allergies, and if you are **pregnant or nursing.**

MICRONEEDLING WITH PRP

We sometimes combine microneedling with PRP (platelet-rich plasma). We draw a small amount of your own blood, spin it to concentrate the platelets and their growth factors, and apply the PRP to your skin during treatment, so it can enter through the tiny channels microneedling creates. Studies suggest PRP can support healing and collagen and may improve results, especially for acne scars. If PRP is part of your treatment:

- **Eat and drink beforehand.** A meal and plenty of water make the blood draw easier and lower the chance of feeling light-headed.
- **Avoid anti-inflammatories** (aspirin, Advil, Motrin, ibuprofen, naproxen) for a week before and after, because they weaken the platelets PRP relies on. Tylenol is fine.
- **Leave the PRP on.** Do not wash your face until the next morning.
- **A small bruise** where your blood was drawn is normal.

AFTER YOUR TREATMENT

Some pinpoint bleeding during and right after treatment is normal and should stop quickly. Your skin will be red and flushed, like a moderate sunburn; redness should be much better within 24–48 hours. You may have swelling, burning, itching, bruising, soreness, tightness, flaking, sensitivity, and dryness. Your skin may take up to 5–7 days to fully settle, depending on how extensive your treatment was. Wash with cool water and the mild cleanser provided, and pat dry.

- **Gentle skincare only.** Use only your post-treatment products for the first 3 days; you may start your own mild cleanser and moisturizer on day 4. No vitamin A products (Retin-A, retinol, Tazorac), exfoliating medications, toners, harsh products, or devices for 7 days. No chemical peels for 14 days.
- **Pain and discomfort.** Ice packs and Tylenol can help. Do not use anti-inflammatories such as Motrin, Advil, or ibuprofen; they may reduce the beneficial inflammation that microneedling relies on.
- **Bruising and swelling.** Eat fresh pineapple, including the center core, or drink pineapple juice.
- **Arnica and bromelain.** Start Arnica and bromelain supplements after your treatment, not before. They help bruising and swelling fade faster.
- **Avoid the sun for 3 months.** Strictly protect the treated skin from direct sun, tanning beds, and self-tanner for 3 months. Treated skin burns and changes color easily. Wear a wide-brimmed hat, stay in the shade, and use a mineral sunscreen, SPF 30 or higher, reapplied every 2 hours outdoors. Sunscreen is not a substitute for sun avoidance.
- **Do not pick** at flaking skin or scabs, and avoid exfoliating products.
- **Shaving.** Do not shave for 3 days, or longer if the skin is still irritated.
- **Exercise and heat.** No sweating, exercise, jacuzzi, sauna, or steam room until irritation has resolved (3–7 days).

DAY BY DAY

- **Day 1.** Red, stinging, sunburned, tight, dry, swollen, and sensitive skin is normal. Drink plenty of water, skip makeup, and use only your post-treatment kit; reapply the kit moisturizer as often as you like. If PRP was part of your treatment, do not wash it off until the next morning.
- **Day 2.** Similar to day 1: dry, tight, and red. Use your post-treatment cleanser, cream, and kit as instructed, and none of your own products.
- **Day 3.** Pink, with less swelling. Mineral makeup is fine. Continue the kit. Your skin may flake or peel; do not pick or exfoliate.
- **Day 4.** Minimal swelling and bruising; some flaking. You may start your own mild cleanser and moisturizer. Keep using sunscreen. You may resume exercise once your skin is no longer irritated.
- **Days 5–7.** Starting to look great. Keep avoiding the sun. Darker areas may flake off after about a week.
- **Day 8.** You may return to your regular skincare, including vitamin A products and exfoliants. Keep avoiding the sun for the full 3 months.

If you are ever unsure, our team is always available. Take a few clear, well-lit photos and email them to Staff@NaderiCenter.com. For anything more urgent, please call the office so we get your message quickly.

CALL US RIGHT AWAY IF YOU HAVE

- A cold sore outbreak or blisters
- Pain, redness, or swelling that gets worse instead of better after 2–3 days
- Signs of infection: increasing warmth, pus, or a fever over 101°F
- Hives, a rash, or severe itching
- Darkening or lightening of the treated skin

CALL 911 IMMEDIATELY FOR

- Trouble breathing, or swelling of the lips, tongue, or throat
- Chest pain or a racing or irregular heartbeat
- Fainting or a seizure

REACH US

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