

## TREATMENT CARE FOR MICRO-NEEDLING (& PRP Therapy)

**BEFORE YOUR TREATMENT:** Discontinue alpha-hydroxy acids (ex. glycolic acid), beta-hydroxy acids (ex. salicylic acid) and retinoid use (ex. retin-A/tretinoin) at least three (3) days before your appointment. It is recommended that you do not have injections (fillers or Botox/Xeomin) 7-10 days prior to your treatment. Avoid sun or tanning bed exposure for at least 48 hours beforehand. Please be sure to remove all make-up with a gentle cleanser prior to your appointment.

**AFTER YOUR TREATMENT (Day 0):** Only use a moisturizing product after your procedure. Do not wash/cleanse face the first night. No make-up permitted. Cool (no direct ice) compresses are helpful for the first 12 hours.

**DAILY CARE:** Cleanse, moisturize and protect! It is recommended to always wear sunscreen (preferably a non-chemical based formula such as zinc oxide or titanium dioxide) and apply a gentle moisturizer product to protect your skin.

**DAYS 1 – 2:**

AM: Cleanse with a gentle, nonirritating cleanser. Pat skin dry. Add a gentle moisturizing product and then apply SPF 30+ sunscreen.

PM: Cleanse with a gentle, nonirritating cleaner. Pat skin dry. Add a gentle moisturizer for bedtime.

**DAY 3:**

May restart regular skin care regimen (except retinoids and exfoliation).

**DAY 7:**

May restart retinoids and light exfoliation as tolerated.

**AVOID FIRST 48 HOURS:** Your skin has greater need for soothing, nourishing products. You may find that you are sensitive to products that you usually use and tolerate well. The following is a partial list of “unfriendly” ingredients that should be avoided: artificial color, artificial fragrance, SD alcohol, lanolin, propylene glycol, white petrolatum, and octyl methoxycinnamate (or other chemical sunscreens).

**AVOID FIRST 72 HOURS:** The following are some therapeutic products that should be avoided for the first three (3) days unless instructed otherwise by your doctor or clinician: retinoids, alpha hydroxy acids (including glycolic acid), beta hydroxy acids (ex. salicylic acid), hydroquinone, benzoyl peroxide, enzyme peels or masks, any scrubs or exfoliating agents.

**Make-up:** Please do not wear make-up on the day of your treatment. Make-up is ok to use after 12-18 hours, however, please do not use sponges or excessively rub makeup on the face.

**Shaving:** Shaving is ok immediately before the procedure. Shaving ok 48-72 hours after the treatment.