



Microneedling (SkinPen®) Pre and Post Treatment Instructions (with PRF/Exosomes)

Before your treatment:

- It is important to avoid the following activities 2 weeks before your treatment:
 - Avoid direct sun exposure causing a sunburn
 - Waxing, Depilatories, Electrolysis and Laser Hair Removal
 - Neurotoxins and/or Facial Fillers
 - Facial Surgery
 - Laser Skin Resurfacing
- Please avoid retinols, AHAs, BHAs, Vitamin C, Salicylic Acid, hydroquinone for 3 days prior to your treatment (and 3 days after your treatment).
- Please avoid all anti-inflammatories and blood thinning medications/supplements for 1 week before and after your procedure (***if you require these for a medical condition, please contact your doctor to confirm if it is safe to stop them prior to your treatment.***) These include but are not limited to:
 - ASA, Motrin, Advil, NSAIDS, Aleve, curcumin, turmeric, ginseng, omega 3's/fish oil, ginger, garlic, vitamin E
- Please come your appointment well hydrated and make sure you have eaten.
 - This will reduce your risk of feeling faint and make blood draw easier (for PRF/platelet rich fibrin)
- Contraindications (patients who are not candidates) to treatment include but are not limited to:
 - Keloid scars, connective tissue disorders, bleed disorders, active infections
 - Pregnancy and breastfeeding
 - Active eczema, psoriasis, infectious, actinic keratosis, HSV, warts
 - Patients on immunosuppressive therapy

After your treatment:

- It is normal to experience mild to moderate redness, stinging, skin flaking, and irritation. It may feel like a mild sunburn. This will improve over the course of the day.
- Avoid all skincare products for the first 4 hours (except for those applied in clinic or recommended to you in clinic).
- Avoid retinols, AHAs, BHAs, Vitamin C, Salicylic Acid, hydroquinone, exfoliating products for 3 days post treatment.
- You can resume your anti-inflammatory/supplements 1 week after your treatment.
- Please use gentle moisturizer and mineral based sunscreen the first few days following treatment.
 - Avoid the sun for the first 24 hours
- Avoid strenuous exercise, sauna, or heat the first 24 hours after treatment.
- Please ensure that you hydrate well after treatment with fluids (water).
- Avoid scratching or picking at skin post procedure.
- Please avoid touching your face without washing your hands within the first 24 hours due to risk of infection.
- Avoid waxing, hair removal, and facial treatments (laser or other) for 14 days.

Please make sure you book your follow up treatments 4-6 weeks apart for maximum results. If you have any questions or concerns following your treatment, please contact the office.

We would love to hear about your recent visit. Your feedback is incredibly valuable as we strive to provide our clients with the best medical care. Please share your positive experience on Google.