



## TREATMENT PREPARATION

TREATMENT: **Microneedling**

DEVICE USED: **SkinPen**

### TWO TO FOUR WEEKS PRIOR TO TREATMENT

- Avoid sun exposure for at least 2 weeks prior to and throughout the course of your treatments. Use a broad-spectrum SPF 30+ during the day ALWAYS - and apply 15 minutes prior to casual sun exposure.
- Avoid receiving chemical peels, dermal fillers, or wrinkle reducers 2 weeks prior to treatment.

### ONE WEEK PRIOR

- Avoid BBL/IPL/Laser Treatments for one week prior to treatment.
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated.
- Discontinue the use of Aspirin or other non-steroidal anti-inflammatory drugs (i.e., Ibuprofen, Advil®, Motrin®, Aleve®, Nuprin®, Celebrex®, Fish Oil, Gingko Biloba, St. John's Wort and high doses of Vitamin E - unless medically necessary) one week prior to your appointment to reduce the risk of bruising/bleeding at the treated site(s).
- Discontinue retinols and prescription retinoid products (i.e. Retin-A, Renova, Differin) for 1 week prior and one week after treatment. Your practitioner will determine when it is safe to resume these products after you have fully healed from your treatment.

### TWO TO FOUR DAYS PRIOR

- Microneedling may cause a cold sore or fever blister, which can lead to more serious complications. If indicated, 2 days prior to procedure, you will take an anti-viral and/or antibiotic by your provider. If you have an active cold sore you must reschedule.
- Arnica Montana is recommended to decrease the likelihood of bruising. You may continue the use of Arnica tablets for 5-7 days post-treatment if bruising is present.

### 24 HOURS PRIOR

- Avoid rigorous exercise 24 hours prior to your treatment.
- Avoid auto-immune therapies / products 24 hours prior to your treatment.

### DAY OF TREATMENT

- Avoid caffeine 24 the day of your treatment.
- On the day of your treatment, wear comfortable clothing. Your top should button or zip rather than pull over the head.
- Avoid lotions, makeup or other topical products on the treatment area on the day of your treatment.

### YOU WOULD NOT BE CONSIDERED A CANDIDATE IF YOU HAVE ANY OF THE FOLLOWING:

- You are pregnant or breast feeding.
- You have used Isotretinoin (Accutane) within the last 12 months.
- You have an active infection in the area to be treated.
- You have an allergy to lidocaine.
- You have an active cold sore.

- You are undergoing cancer treatments or radiation therapies or have Scleroderma.

**If you have any additional questions or concerns, please do not hesitate to contact us at 414.488.7900.**