



Microneedling Pre-Treatment Instructions

with or without Platelet Rich Plasma (PRP)

- Start taking antiviral medications if applicable.
- Wait at least 2 weeks between Microneedling and any facial treatments such as waxing, fillers, chemical peels, or laser treatments.
- Notify your practitioner if you have any permanent makeup or tattoos in the treatment area.
- Avoid all products containing the following ingredients: retinol (including Retin-A), AHA, BHA, Vitamin C, exfoliating masks, scrubs, benzoyl peroxide, and hydroquinone for one week prior to treatment. (Accutane for 6-12 months).
- Discontinue taking any blood-thinning agents for one week to minimize bruising and/or swelling; NSAID Anti-Inflammatory medications (Advil, Aleve, Ibuprofen, Motrin, etc.), Vitamin E, Vitamin A, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA's and DHA's).
- Avoid drinking alcohol for 24 hours prior to treatment.
- Avoid excess sun exposure and tanning beds for one week prior to treatment.



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MICRONEEDLING AFTERCARE

0- 24 HOURS POST TREATMENT

- Use ONLY the provided GLIDE serum. Do not apply makeup, SPF, or any other products.
- You will notice redness and mild swelling. Pinpoint bleeding may be present.
- If you were treated with PRP, gently wash off the PRP 12-24 hours after treatment using your fingers and tepid water. Do not scrub, use a washcloth, or facial brush.
- Strictly avoid sun exposure as you will not be wearing sunscreen.
- Stay hydrated; drink at least 64 ounces of water per day to support skin cell regeneration.

24-72 HOURS POST TREATMENT

- You may notice a red hue or pink hue similar to a sunburn, mild swelling, and dryness/flaking due to the increased turnover of skin cells.
- You may apply Makeup and SPF. Continue to minimize sun exposure for 72 hours.
- Do not use any exfoliating skincare products such as scrubs, AHA's, BHA's, Retinoids, Vitamin C, or Hydroquinone for at least 72 hours after treatment.
- Avoid strenuous exercise, sweating, saunas, steam rooms, hot tubs, hot yoga, and hot showers/baths for 72 hours after treatment. Excess blood flow and sweat can cause discomfort and irritation.

AFTER 72 HOURS

- Your skin may be mildly pink, or may return to its normal tone and swelling should subside.
- Flaking and dryness will continue for up to 7 days. Allow skin to flake off naturally.
- You will notice improvement of skin texture, tone, scarring, and fine lines in the 3-6 weeks following treatment.
- You may resume your normal skin care routine as your skin normalizes.