



MICRONEEDLING

Pre-treatment instructions

PRE-TREATMENT INSTRUCTIONS

6 months before your appointment:

- Stop any use of oral Acne medication, such as Accutane/Isotretinoin.

2 weeks before your appointment:

- Do not wax or use depilatories for two weeks prior.
- No sun exposure, tanning beds or use of tanning creams for two weeks prior.
- No fillers or Botox injections.

1 week before your appointment:

- Avoid anti-inflammatory/blood thinning medications, for a period of one week prior treatment.
 - Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish oil supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling.
 - **Disclaimer:** If you are under the care of a doctor, please consult with them before stopping any medication.
- Stop the use of any product that uses the word 'scrub' in its description.
- Stop the use of topical exfoliants/actives such as AHA, Retinol, Tretinoin, Retin-A, Tazorac, Dierin, EpiDuo, Zlana, Glycolics and Enzymes. If you are unsure, don't use it.

72 hours before your appointment:

- Do NOT consume alcohol at least 72 hours prior to treatment (alcohol thins the blood and increases the risk of bruising).

24 hours before your appointment:

- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- Be sure to have eaten and are well hydrated, this will decrease the chances of lightheadedness.