



Micro needling before and after care instructions

Day of Treatment

1. Drink at least one liter of water on the day of your treatment.
2. Avoid caffeine on the day of treatment.
3. Eating a small amount of food and drinking water prior to your treatment is recommended.
4. Come to the appointment with clean skin and no lotion, oils, powder, perfumes, sunscreen, or makeup. You can wash your face at the appointment if needed.
5. Notify the nurse treating you if you have any tattoos in the treated area.
6. Inform the provider of all the medications you are taking and taken in the past 6 months, and changes in your medical history.
7. Arrive 35 minutes prior to your appointment so a numbing agent can be applied in the area being treated.

Micro needling Pre-treatment instructions

8. Avoid Accutane for 6 months prior to PRF treatments.
9. Avoid alcohol 24 hours prior to your treatment.
10. Avoid hair removal treatments including IPL, any form of laser, waxing, bleaching, hair removal creams, electrolysis and tweezing prior to your treatment for 5 to 7 days.
11. Seek your doctor's advice before stopping any prescribed medications including over the counter such as Aspirin.
12. Avoid taking the following medications for 7 to 10 days prior to your treatment Nuprin, Celebrex, Aleve, Ibuprofen, Advil, St. John's Wort, Ginko Biloba, Vitamin E in high doses and any type of fish oil.
13. Avoid direct sun or sunburn at the treatment site (s).
14. For 5 to 7 days prior to your micro needling treatment do not use topical agents that may increase the sensitivity of your skin such as alpha hydroxyl acid (AHA), hydroquinone, benzoyl peroxide acne products, exfoliants, topical antibiotics, and retinoids.

15. If you are prone to cold sores, ask your doctor for advice about taking prophylactic medicine at least one week prior to your treatment.
16. Inform the cosmetic injector about any medications including herbal or over-the-counter medications you are taking.
17. Inform the cosmetic injector if you are prone to fainting, or a fear of needles.
18. Arnica Montana ointment, or pill form formulation may assist with bruising. If you choose to you can apply the cream on the day of the treatment. For the pill formulation follow the recommended instructions Arnica Montana provide.
19. On the day of your micro needling treatment avoid shaving.

Micro needling post after care instructions.

1. Avoid cleansing or washing your face the night of your micro needling treatment.
2. If you receive a micro needling treatment to the scalp avoid washing your hair for 24 hours. Avoid using any hair products such as hair spray, gels, or foams for 72 hours after your treatment.
3. Do not use excessive heat such as saunas, hot showers, hot baths, the hot sun or cooking over a hot stove.
4. Avoid strenuous exercise after the treatment for 24 hours.
5. Avoid direct sunlight for prolonged periods of time, sun tanning, or sunbeds for 2 weeks after the treatment. Wear sun block with a full spectrum of SPF 30 or higher 24 hours after the treatment to protect your skin.
6. Avoid drinking alcohol for 24 hours after treatment.
7. No massages of the area treated or with face in a massage cradle for 2 weeks after treatment.
8. Do not use any anti-inflammatory medications such as ibuprofen Advil or Motrin for one week after the treatment.
9. Do not use ice on the face, bromelain, or arnica. These agents can interfere with the natural inflammatory process that is essential for your skin regeneration.
10. Do not apply Make-up after the procedure for 12 to 24 hours.
11. It is ok to use acetaminophen (Tylenol) if you are experiencing pain or soreness.
12. Do not use Aspirin for 2 weeks post treatment. Do not stop taking any prescribed anticoagulants without your prescribing physicians' advice.

After your micro needling treatment to your skin

- The sunburn effect and feeling is normal.
- The skin will feel sensitive, dry, and tight to touch.
- After 24 hours use a gentle cleanser, cool water using your hands only to wash your face and pat your skin dry.
- Redness or sensitivity is normal.
- Bruising and swelling can occur.
- Use Tylenol for pain or discomfort. Do not use NSAID medications.
- Allow any flaking of the skin to fall off naturally,

- After the treatment sleep on your back with your head elevated to help lessen pain and swelling.
- We strongly recommend treatments be 4 weeks apart.

For micro needling to the scalp

- Bumps and lumps are normal while your skin is healing.
- Sensitivity and redness can occur.
- Minimal bruising and swelling may occur and last approximately between 5 to 7 days.
- For micro needling of the scalp flaking and dryness is normal.
- It is advised to use the recommended products for best results.
- Use Tylenol for pain or discomfort. Do not use NSAID medications.

Social activities

- You may use mineral makeup 24 hours after the treatment.
- If you have upcoming events within 4 weeks of your treatments, be aware it can take up to 4 weeks for the full healing process. Skin dryness, and flaking can occur for up to 2 weeks after your treatment.

Skin care

- Do not pick, scrub, or scratch your skin. Allow the skin to naturally flake off.
- Use a gentle cleanser only and keep your skin always moisturized.
- You may need to apply moisturizer 2 hours a day.
- Results can vary from person to person. What you do at home with your skin after the treatment is important to optimize results.
- For best results use the recommended skin care products. We use a skin care line that is value for money and will nourish your skin.
- After 24 hours wear your sunscreen SPF 30 plus or higher.

Diet recommendations

- Eat a diet high in omega-3 fish oil such as salmon, soups with broth, try to avoid dairy and wheat, eat fruit and vegetables. Try to avoid unnecessary sugar including fruit juices and drink at least one liter of water per day. Natural freshly squeezed juice at home is ok.

If you have any concerns or questions, please don't hesitate to contact NLHB on 406 581 8032.