



## **Microneedling Instructions**

### **Pre-Care**

Prior to receiving Microneedling Therapy System (Collagen Induction Therapy):

- Avoid:
  - Vitamin E, fish oils, and Ginkgo Biloba for one week prior to treatment.
  - ASA 2 weeks before treatment. (Please consult with your physician first if you are on ASA therapy.)
  - Anti-histamine and inflammatory drugs one week prior to treatment. These negate the effects of the procedure. The body's histamine and inflammatory responses are needed post-procedure.
  - Topical retinoids one week prior to treatment.
- If using Accutane®, a 3-month waiting period after discontinuation of medication is required.
- Please notify us if you have ever been diagnosed with Herpes Simplex Virus (HSV) – you may require prophylactic therapy.

### **What to Expect After Treatment:**

- Immediate pinpoint bleeding will occur which should resolve within 10 minutes.
- Minor redness and swelling will occur for 1-2 days.
- Minor peeling and flakiness will occur after a few days. Do NOT pick at loose skin.
- Call Cosmetic Surgery Associates if you experience excessive redness, swelling, pain, or drainage as that might indicate an infection: 301.493.4334.

### **Post-Care:**

The initial 72 hours post-procedure are the most critical.

- Avoid direct sun and heat. This includes simple day to day tasks such as gardening, cooking over a hot stove for a long period of time, sitting next to a fireplace, etc.
- Discontinue use of any Alpha-Hydroxy products. You may resume your home care regimen when skin is no longer flaking and peeling.
- Use hydrating and reparative products. Products rich in soothing and healing ingredients are best to encourage new healthy cell growth. Peptides, antioxidants, stem cells, Vitamins A, C, and E, and growth factors work very well.
- Use physical sunscreen. Sun care products should be applied no less than every 30 to 90 minutes. Do NOT go outside without sun protection (even on a cloudy day).
- NO scratching or peeling
- Limit exercise the first week.
- Drink plenty of water