



BAY AREA COSMETIC DERMATOLOGY

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PRE & POST CARE FOR MICRONEEDLING

[with or without PRP]

WHAT IS MICRONEEDLING?

Microneedling is used to treat the appearance of fine lines, acne scars, and for overall improvements to the skin's texture, tone, and color. The treatment creates micro-injuries in the skin which trigger the production of new collagen and elastin from the skin's self-repair mechanism. Microneedling is most often performed as a series, scheduled 4-6 weeks apart. Your provider can help determine how many are necessary to achieve your specific goals.

Most patients find Microneedling to be a tolerable procedure. Typically one week out from treatment exfoliation, skin flaking, and dryness is subsiding and improvement in texture and tone are beginning. By 1-2 months and beyond, you should start seeing improvements in fine lines, wrinkles, and scarring.

HOW TO PREPARE FOR YOUR TREATMENT

- Avoid active and/or medicated products for 2 days prior to treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many brightening products), dapson, acne products, or precancer treatments as directed by your provider.
- Please inform your provider if you have a history of herpes simplex or cold sores as we may provide an antiviral at time of appointment to prevent a breakout. Microneedling treatments can increase the likelihood of a breakout.
- If you are currently taking blood thinners, you may experience bruising. If approved by your doctor, please stop one week in advance of procedure
- Come to your appointment without makeup if possible. We can also provide cleanser at time of appointment.
- Please bring a large brimmed hat to protect your skin directly after treatment.
- Your appointment has prep time including ≈ 30 minutes of numbing cream, so we suggest bringing a book, computer or other entertainment to pass the time. Complimentary wireless is available for your use.
- The procedure itself takes 15-30 minutes, so please plan to be at our clinic for at least 1 hour total.

WHAT TO EXPECT & HOW TO CARE FOR YOUR SKIN AFTER TREATMENT

Typically there is no discomfort directly after the procedure and patients resume most activities as normal, with some special care for the treated skin.

- Avoid direct sun exposure to the treatment area and do not use sunscreen for 2 days post treatment.
- Avoid makeup for 2 days post treatment.
- Light activity and showers can occur as normal immediately post-procedure.
- Actual healing time will vary depending both on the settings and overlapping passes prescribed. Healing can take longer for areas with slower blood circulation such as the neck, décolleté, arms, hands, legs, abdomen and back.
- Skin tightness from mild swelling, sensitivity to touch, flushing or feeling sunburned is typical.
- After treatment, your skin will look red (think pinpoint bleeding). Redness typically subsides over 2-4 days on average, although it can persist longer for some.
- It is common for the treated skin to feel dry after Microneedling as the body goes through the collagen building process.
- Moisturize frequently post-procedure, but apply a thin layer as thick layers often lead to acne breakouts.
- Let the skin naturally peel by itself, **DO NOT** pick at the skin.
- Avoid active products until peeling has finished (referenced above in "How to Prepare").
- Once the peeling finishes, you may start to resume your skincare but do so slowly as the new baby skin can be sensitive. For stronger topicals such as retinoids, start at a slightly reduced interval and ramp up as tolerated.

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A special note about Acne: Although acne breakouts after microneedling treatment are uncommon, occasionally patients may experience some mild acne if the moisturizer of choice is too thick or if too much is applied during recovery such that the healing skin isn't allowed to breathe.

We typically recommend [Neocutis BioCream](#) for optimal recovery and results after Microneedling treatments. If you would like to use a different moisturizer, please ensure it is not occlusive and apply in a thin layer only. Our staff is happy to take a look at your moisturizer of choice.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.