

## Micro-Needling Pre-Care

In order to make sure you are fully prepared to come in, please be sure to follow these steps. If you have any questions, please don't hesitate to email or call us.

- ✓ Avoid sun exposure for 7 days prior to the procedure. Treatment within 24 hours of prolonged sun exposure may result in hypopigmentation or hyperpigmentation that may not clear for several months or may be permanent. Micro-needling will not be administered on sunburned skin.
- ✓ No chemical peels, IPL/laser procedures for 2 weeks before or after treatment.
- ✓ Avoid use of Retin-A, AHA/BHA, glycolic acid, salicylic acid for 1 week before treatment.
- ✓ Waxing and/or use of chemical depilatories must be avoided for 2 weeks prior and after treatment. Shaving is allowed if there is no skin irritation.
- ✓ If you have a history of cold sores, it is recommended to receive prophylactic antiviral therapy.
- ✓ Do not consume alcohol at least 48 hours before the procedure. Avoid caffeinated drinks the day of the procedure (tea, coffee, energy drinks). These increase the risk of bleeding and bruising.
- ✓ Avoid the use of aspirin, ibuprofen, ginkgo biloba, garlic supplements, green tea, flax oil, cod liver oil, vitamins A and E, and essential fatty acids for up to 1 week before the procedure as these increase the risk of bleeding and bruising.