

# MICRONEEDLING TREATMENT PRE AND POST INSTRUCTIONS



Microneedling is a safe natural, holistic alternative for resurfacing the skin using microneedles without an aggressive machine which is safe for all skin types. When combined with autologous (your own) Platelet Rich Plasma (PRP) used topically and injected, this treatment provides optimal results to improve wrinkles, large pores, scars, stretch marks and overall skin appearance by stimulating new collagen/growth factors formation.

## PRE – TREATMENT INSTRUCTIONS

Avoid Accutane for the 6 months prior to microneedling treatment.

Do not use topical agents that may increase sensitivity of skin: retinoids, topical antibiotics, exfoliants, acids that may be drying or irritating to the skin (such as alpha hydroxyl acid (AHA) beta hydroxyl acids (BHA), exfoliating masks, salicylic acids, hydroquinone, and benzoyl peroxide acne products) 5-7 days prior.

Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil for 3 days prior to treatment. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.

Avoidance of IPL/Laser procedures, unprotected sun exposure or sunburn for **2 weeks** prior.

No waxing, depilatory creams or electrolysis to area being treated 5-7 days prior

No shaving the day of the procedure to avoid skin irritation. If there is dense hair present in the treatment area, closely shave the area the day before you arrive to your appointment. Moles, warts or actinic (solar) keratosis cannot be treated.

If you are prone to cold sores, take antiviral agent for 2 days prior to and day of treatment. Call office for prescription.

Bruising is a common risk especially with PRP injections. Avoid blood thinning agents (aspirin, fish oil, Omega-3, Vitamin E) for 1 week prior. May resume day after treatment.

**\*Please see anti-bruising protocol for full description**

## OPTIONAL

Preparing the skin for this procedure will ensure optimum results. Healthy skin will respond better and results will last longer. Skin cells need nutrients for best function.

Skin care for pre-conditioning 4-6 weeks prior. Provider will make recommendations if pre-conditioning needed.

- Dietary recommendations for optimal healing and result. We recommend Collagen MD Advanced Connective Tissue Support Formula for 2 weeks pre-and post-treatment.

## CONTRAINDICATIONS

Pregnancy, actively infected or actively inflamed skin, skin irritation, cystic acne to area being treated, keloid scars, allergies to topical lidocaine and sunburn.

## DAY OF TREATMENT

- Skin is clean without lotion, oil, makeup, powder, perfume or sunscreen. Patient may wash face in office upon arrival.
- Inform provider of any relevant changes in your medical history and of all medications you are taking.
- Notify provider of any cosmetic tattoos to areas being treated.
- Topical Lidocaine will be applied in office for 30-45 min prior to treatment.

If combining Microneedling with **Platelet Rich Plasma (PRP)**, your blood will be drawn in office while you are numbing.

## POST – TREATMENT INSTRUCTIONS

Immediately after your Medical Microneedling procedure, your health care provider will apply a hyaluronic mask for 5-10 min and moisturizer.

Do not take any anti-inflammatory medications such as ibuprofen Motrin or Advil for 1 week. DO NOT ice face or use arnica or bromelain. These agents may interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.

**Avoid** sun tanning and prolonged exposure to direct sunlight for **2 weeks**. After 24 hours, always use a full spectrum sun screen SPF30 or above. When exposed to sun, wear a hat and apply sunscreen every 2 hours.

- Use Tylenol only as needed for any soreness
- **Optional** dietary recommendations: Eat fresh pineapple, tart cherry juice (no sugar), salmon (omega-3 fish oil), bone broth-based soups, continue taking collagen 1 & 3 supplement (Collagen MD Advanced Connective Tissue Support Formula) for 2 weeks to optimize healing. Avoid dairy, wheat and sugar!

## MICRONEEDLING TREATMENT PRE AND POST INSTRUCTIONS

## DAY 1-3

**A sunburn-like effect is normal.** The skin will feel tight, dry, sensitive to touch. Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment. Redness or sensitivity might well be present. Some small bruising is common with PRP injections and may last up to 5-7 days and swelling can last 2-4 days depending on how aggressive of a treatment you received.

**Plan social calendar accordingly!**

- Avoid strenuous exercises that cause sweating, jacuzzi, sauna or steam baths for 24 hours due to open pores, or up to 48 hours if inflammation exists.
- May only use mineral-based makeup after 24 hours
- Sleep on your back with head of bed elevated to minimize swelling or pain as needed

## DAY 2-7

- Peeling may start 3-5 days after treatment. You will notice skin dryness and flaking. This is due to an increased turnover of skin cells. Do not pick, scratch or scrub at treated skin! Allow old skin to flake off **naturally** and keep moisturized **AT ALL TIMES** with Le Mieux regimen of Iso-Cell Recovery Solution, Hyaluronic serum and TGF-B Booster with growth factor followed by Derma Relief Serum for extra dry skin every **2 hours** if needed.

## DAY 5-7

You may restart your regular skin care products and Retin-A once your skin is no longer irritated.

Many patients have noticed continued skin improvement for months following the last treatment.

- For best results, we recommend follow up and repeat treatments in 4-6 weeks and a series of 3-5 treatments depending on your personalized care plan.

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|---------------------------|------------------------------|
| <b>1. Gentle Cleanser</b> | Le Mieux O2 Calming Gel      |
| <b>2. Healing Toner</b>   | Iso-Cell Recovery Solution   |
| <b>3. Serums</b>          | TGF-B Booster (Growth Serum) |
|                           | Hyaluronic Serum             |
|                           | Derma Relief Serum           |

# 10 Tips to Prevent Bruising

## 10 Tips to Prevent Bruising Before and After Neuromodulators & Dermal Fillers

Cosmetic injectable treatments, such as neuromodulators (wrinkle reducers like Botox)) and dermal fillers, can work wonders in filling out lines and wrinkles, but they can cause temporary bruising and swelling. Many patients ask us how to prevent bruising and the good news is that there is a lot you can do before and after your appointment to minimize any unsightly coloring—and in some cases prevent it all together.

No injector can guarantee that you will not bruise from injectable treatments, but to be on the safe side, please don't plan any special events for at least 2 weeks after your injectable appointment. Remember, treatments can take anywhere from 1 to 2 weeks for results to fully settle in. Most minor problems will resolve in that time.

If you are just having a neuromodulator treatment (Botox, Dysport, or Xeomin) these suggestions are still good to follow even though bruising is uncommon. However, dermal fillers like Juvederm, Restylane and Radiesse are slightly more invasive and following these instructions will help to prevent bruises or reduce the appearance, quicker.

### #1 Avoid Aspirin & NSAIDS

Aspirin, NSAIDS (Motrin, Ibuprofen, Naproxen, Aleve, Advil), and NSAID-containing products (Midol, Excedrin, cold medicine) are the most potent of the “bruisers”. All of these medications stun your platelets, which are the cells in your bloodstream that stop bleeding and bruising when your blood vessels and capillaries are damaged. If your platelets can't do their job in sealing off the tiny capillaries that are disrupted during injectable treatments, your likelihood of getting a bruise is much higher than normal. Avoid all of these medications for at least a week prior to your treatment. If you need pain medication, please consider Tylenol as a substitute.

### #2 Avoid Wine & Alcohol

Wine and alcohol also have some anti-platelet effects and increase your chances of bruising in the same way that Aspirin and NSAIDS do. Avoiding alcohol the night before and the night you have your injectable treatment really helps to prevent bruising.

### #3 Avoid Green Tea, Vitamin E, and Herbal Supplements

High doses of Green Tea, Vitamin E, (multi-vitamins may include 40 IU of Vitamin E) Fish Oil, Ginseng, High Omega 3 Fatty Acid food or supplements like Ginkgo Biloba, Flaxseed Oil, Chia seeds, Salmon, Mackerel, nuts and herbal supplements like St. John's Wort, Garlic, Red Yeast Extract and many others, act like mild versions of prescription blood thinners and definitely increase your chances of bruising. In particular, Green Tea Extract is known to be one of the most potent “bruisers” on the market, so make sure you curb it well before any injectable treatment. Because there are so many herbal supplements that have unpredictable effects on bleeding and bruising, we recommend stopping ALL supplements at least one week before your

treatment. Always CONSULT YOUR PHYSICIAN PRIOR TO STOPPING ANY MEDICATION. If you are using medication to prevent blood clots please contact your physician before using Arnica.

#### **#4 Skip the Gym**

No exercise except for walking for 24-48 hours after your treatment. Keep your heart rate under 100. Do not do any inversions in yoga or do hot yoga. Damaged capillaries need two things to repair themselves after an injection; functional platelets and minimal blood flow. Exercise and physical activity increases your heart rate, blood pressure, and the flow of blood through arteries, veins and capillaries, including the ones that get damaged during injectable treatments. Also, avoid squeezing or massaging the treated areas for several hours after treatment as this could subtly change the results.

#### **#5 Icing**

Apply a cold pack to the treatment area before and after your injection. Cold applied to the skin constricts blood vessels and constricted blood vessels are smaller and less likely to get in the way of the needle. An added bonus, the cold will desensitize the area so you will feel less pain. Patients receiving Platelet Rich Plasma (PRP) injections and/or Microneedling DO NOT ice before nor after procedure.

#### **#6 Numbing Cream**

If your injector applies numbing cream about 15-20 minutes before starting the injections, it will help prevent bruising and make you more comfortable during the treatment. Some anesthetic creams constricts blood vessels slightly making bruising less likely..

#### **#7 Anti-Bruising Supplements**

You can try taking two supplements that have been shown to prevent bruising; Arnica Montana and Bromelain. Take Arnica pills 4 days before and after the procedure to aid in potential bruise reduction. Arnica is an herbal dietary supplement that has been used for centuries to reduce bleeding and inflammation. Place four pills underneath your tongue, twice a day. If you do bruise, you can take it each day until bruising has subsided. Bromelain is helpful in reducing any swelling after the procedure and may be taken three days prior to your treatment and continue for one week after. Bromelain is a pineapple-based enzyme that also helps to reduce inflammation and bruising.

Arnica and Bromelain can be purchased at health food stores, vitamin stores and major pharmacies. If you have ever had a cold sore around the mouth or near the injection site be sure

to talk to your practitioner before treatment, so that they can properly prescribe you Valtrex or another anti-viral medication to prevent an outbreak.

*Special note:* Patients getting Platelet Rich Plasma (PRP) injections and/or Microneedling treatments **SHOULD NOT** take these supplements. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.

## **#8 Sun Protection**

No excessive sun or heat until any initial swelling and redness have resolved. Proper and frequent use of sunscreen is always important. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor of SPF 30 or more. Wear a hat when outdoors.

## **#9 Plan accordingly**

Another important part of getting injections is timing. Try to make your appointments at least two weeks prior to a big event just in case you have swelling or bruising. You should also make sure they are within your budget when you do get the treatment. There are times you might need more areas treated and sometimes less, depending on how your body responds. Injectables work differently on everyone, so you may not get the same results in terms of how long the treatments last as your friend.

## **#10 Use a cannula**

Our office uses a blunt tip flexible microcannula technique to inject dermal fillers whenever possible. The blunt end is much safer and less traumatic than a classical sharp needle because it does not cut through vessels and tissue which causes bleeding and bruising.

## **What happens if you bruise?**

If you do bruise, there is help. First of all, continue icing the bruised areas once you get home as long as you can. Next, take your Arnica and Bromelain (pineapple enzyme) as directed. Eat fresh pineapple. The Bromelain in pineapple may help the body naturally eliminate the bruises. Using a mineral-based makeup will also come in handy to hide and heal those temporary bruises. If the bruise is on your lip, then lipstick should do the trick. The intensity and duration of your filler or Botox side effects will depend on the treatment aggressiveness and your individual healing characteristics, but normally can last for one to two weeks after the treatment.

## **Understand where you want the injections.**

Finally, if you are undecided on facial injections/treatments you can book a free consultation to discuss any further questions or concerns and the injector will explain and customize a cosmetic plan to meet your needs. Our goal is to help you feel your best and look like a fresher version of yourself!