THE MEDSPA AT PSIW

MICRONEEDLING

PRE-TREATMENT INSTUCTIONS

Accutane (isotretinoin) must be discontinued for at least 6 months prior treatments.
If you are on autoimmune therapy or steroids, consult your physician for approval to discontinue use of medications prior to your procedure.

1 week:
Do not take aspirin, Advil, Aleve, or any NSAID medication 1 week before and after your treatment. These inhibit the stem cells natural inflammatory response. Tylenol is acceptable.
Avoid botox injections.

72 hours:
Avoid topical products such as retinol or alcohol-based toners.
If you develop a sunburn, cold sore, rash, acne flare, etc. in the area to be treated, please reschedule.
If there is a history of cold sores in the area, begin pre-medicating with Valtrex. If a prescription is needed, please let us know.
Avoid alcohol, caffeine, nicotine as they increase risk of bruising.

Day of:
Thoroughly wash the area to be treated. Do not apply make-up, lotions, sunscreen, products, etc. to the area prior to arrival. If there is hair in the area to be treated, a smooth shave is required.
If ProNox is used, you may drive yourself to and from your visit.

POST-TREATMENT INSTRUCTIONS

Skin Care:
First 24 hours: Use water only and the provided moisturizer. Minimize touching treated area.
After 24 hours: Use a gentle cleanser, moisturizer, and SPF. Cosmetics may be applied.
After 72 hours: Resume other skin care products if a test spot is used and does not cause irritation.

The treated area may be pink and mildly inflamed (similar to the appearance of a mild sunburn) for several days. It is normal to experience bruising, redness, itching, soreness and swelling that may last from 2-10 days following your procedure.

72 hours:
Avoid excessive heat and perspiration as excess blood flow and sweat can cause bruising, breakouts,, discomfort, and/or irritation to compromised skin.
Daily skincare regimen is necessary to provide nutrition to the skin to ensure optimal results. If you need medical grade recommendations, please ask your provider.

1 week:
Minimize sun exposure. Continue to use SPF daily throughout treatments.
Do not take aspirin, Advil, Aleve, or any NSAID medication. Tylenol is acceptable.
Botox or Dermal fillers may be resumed.

After your initial series of treatments, we recommend a maintenance treatment every 6 months.