



Concierge Family Medicine & Aesthetics

## **MICRONEEDLING**

### **Pre- Treatment Instructions:**

Avoid Accutane for 6 months.

Do not use topical agents that may increase skin sensitivity- Retin-A, retinoids, topical antibiotics, exfoliants, acids, exfoliating masks, salicylic acids, hydroquinone, and benzoyl peroxide 5-7 days prior to treatment.

Do not take 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 crucial for skin rejuvenation.

Avoid laser procedures, unexpected sun exposure, or sunburn for 2 weeks prior.

Avoid waxing, depilatory creams or electrolysis at least 5 -7 days prior.

Avoid shaving the day of the procedure to avoid skin irritation.

Moles or warts cannot be treated.

If you are prone to cold sores, take an antiviral agent for 2 days prior to and the day of your treatment. Call your doctor for such treatment or Dr. Lamb can provide.

Bruising is a common side effect especially with PRP. Avoid blood thinning agents (aspirin, fish oil, Omega-3, Vitamin E) for 1 week prior. You may resume the day after treatment.



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### **Post- Treatment Instructions:**

Avoid the sun as much as possible for 48 hours after treatment and continue to wear a good sunscreen and practice sun protection after that as well.

Use Tylenol only as needed for any soreness.

Optional dietary recommendations: Eat fresh pineapple, tart cherry juice (no sugar), salmon, (omega 3 fish oil), and bone broth based soups for 2 weeks to optimize healing. Avoid dairy, wheat and sugar.

#### Day 1 -3:

A sunburn-like effect is normal. Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment.

Some small bruising is common with PRP and may last up to 5 -7 days.

Swelling can last 2 - 4 days depending on how aggressive your treatment was.

Avoid strenuous exercise that causes sweating, jacuzzi, sauna or even steam baths for 24 - 48 hours.

#### Day 2 -7:

Peeling may start 3 -5 days after treatment.

You will notice skin dryness and flaking 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 HA serum and TGF- growth factor.

#### 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 treatment in 2 -3 weeks and a series of 4 -6 treatments depending on your personalized care plan.

At Lamb Medical, your satisfaction is our utmost goal. If you have any questions or concerns about your microneedling procedure, please do not hesitate to contact us. Thank you!