



MICRONEEDLING

Recommended Treatment:

Microneedling can be safely repeated every 4 weeks. Collagen induction requires at least 3 treatments, and scar reduction requires between 4 and 6 treatments. Collagen production is accelerated, along with cellular turnover. While some results may be almost immediate, your best results usually won't be visible until 4 to 6 weeks after the procedure.

Pricing:

The average cost of a Microneedling treatment is \$350.

Recovery:

The length and density of the needles used determines the recovery period after this treatment. The skin will be pink or red in appearance for 24 to 48 hours, much like a sunburn, with some minor bleeding and occasionally some mild bruising.

What to Expect:

- Your skin will be cleaned so it's free of lotion, oil, makeup, powder, or sunscreen. If you wish, you can wash your face in the office upon arrival.
- You will be asked to inform your skincare specialist about any relevant changes in your medical history, as well as all of the medications you are taking.
- Topical lidocaine will be applied to your skin 30 to 45 minutes prior to your treatment.
- The Microneedling treatment is an in-office procedure that typically takes up to 60 minutes to complete.
- If you choose to add Platelet Rich Plasma (PRP) to your treatment, then the blood will be drawn and applied at this time.

PRP:

Microneedling with PRP, Platelet Rich Plasma, is a cosmetic treatment that stimulates collagen production by rolling fine needles over the skin and applying platelets, one of the components of blood. PRP contains proteins, including growth factors and cytokines. These proteins help skin tissue repair itself, as well as stimulate more collagen and elastin.

Microneedling:

Also known as collagen induction therapy, Microneedling uses a medical device with small needles to prick the skin. This treatment improves:

- Skin Texture
- Skin Tone
- Pigmentation
- Wrinkles
- Fine Lines
- Surgical Scars
- Acne Scars
- Stretchmarks
- Pore Size
- Collagen Production
- Elastin Production

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Pre-Procedure:

- Avoid the use of Accutane 6 months prior to beginning your treatment sessions.
- DO NOT use topical agents that may increase the sensitivity of your skin, such as retinoids, exfoliants, topical antibiotics, or acids 5 to 7 days prior to your treatment.
- DO NOT take anti-inflammatory medications such as ibuprofen, Motrin, or Advil for at least 3 days prior to your Microneedling session. These will interfere with the natural inflammatory process that is critical for your skin rejuvenation.
- Avoid IPL and other laser procedures, unprotected sun exposure, or sunburn for at least 2 weeks prior to your procedure.
- No waxing, depilatory creams, or electrolysis to the area being treated for 5 to 7 days prior.
- DO NOT shave the day of the procedure, to avoid skin irritation. If there is dense hair present in the treatment area, shave the day before you arrive for your appointment.
- If you are prone to cold sores, take an anti-viral agent for 2 days prior to, and the day of your treatment.
- Avoid blood thinning agents for 1 week prior, as bruising is a common side effect of Microneedling.

Post-Procedure:

- DO NOT take any anti-inflammatory medications for 1 week after the procedure.
- DO NOT use ice on your face, and avoid using arnica or bromelain. These may interfere with the natural inflammatory process that is critical for your skin rejuvenation.
- Avoid sun tanning and prolonged exposure to direct sunlight for at least 2 weeks. After 24 hours, always use sunscreen with SPF 30 or greater, and wear a hat if you are outside.
- Use a painkiller, like Tylenol, if you experience any soreness.
- DO NOT use topical agents that may increase the sensitivity of your skin, such as retinoids, exfoliants, topical antibiotics, or acids, 4 to 7 days after your treatment.
- Use a gentle cleanser throughout your recovery process.
- Post-procedure products or a kit will be recommended to use during your recovery process. Apply sunscreen liberally each day.

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Recovery Process:

Days 1 - 3:

- A sunburn-like effect is normal. Your skin may feel tight, dry, or sensitive to touch. Treat the skin softly, using a gentle cleanser and cool water to wash it, and only your hands to pat it dry, no earlier than 4 hours after the treatment.
- Some redness may also be present, and in some cases, patients may experience slight bruising that can last for 5 to 7 days, and temporarily swell for 2 to 4 days.
- Avoid strenuous activity and exercises that cause sweating, as well as the jacuzzi, saunas, and steam baths for up to 48 hours.
- Use only mineral makeup after 24 hours.
- Sleep on your back with the head of the bed elevated as needed, to minimize pain or swelling.

Days 3 - 5:

- Peeling may start 3 to 5 days after the treatment. You will notice skin dryness and flaking, which is due to an increased turnover of skin cells.
- DO NOT pick, scratch, or scrub treated skin!
- You must allow the old skin to fall off naturally and keep it moisturized at all times. Talk with your skin specialist about which products to use.

Days 5 - 7:

- You may return your regular skincare routine and start using your skincare products, once your skin no longer feels irritated. Most patients continue to notice skin improvement a few months after their last treatment.
- For best results, we recommend follow-up appointments, and Microneedling treatments every 4 to 6 weeks, with a series of 3 to 5 treatments, depending on your personalized care plan.