

## MICRONEEDLING TREATMENT

Microneedling offers a safe, natural, holistic alternative for resurfacing of the skin without the extensive down-time of more aggressive treatments while producing optimal results for patients of all skin types.



### WHAT DOES MICRONEEDLING DO?

- **Helps in building new collagen and stimulates growth factors** ·
  - **Smoothes fine lines and wrinkles** ·
  - **Tightens, lifts and rejuvenates the skin** ·
- **Reduces acne scars, surgical scars and other types of scarring** ·
  - **Improves stretch marks** ·
- **Aids in filling and smoothing areas lacking structure** ·
  - **Stimulates growth factors** ·

While the Microneedling treatment is far less abrasive than more aggressive dermabrasion treatments, Patients should still expect some mild discomfort as well as some temporary bleeding during the treatment . Anesthetic cream is generally used for most patients to lessen these side-effects.



## WHAT SHOULD YOU DO BEFORE THE TREATMENT?

All microneedling patients should take care to observe the following pre-treatment instructions and warnings.

- Avoid Accutane for a period of no less than 6 months
- Avoid retinoids, topical antibiotics, exfoliants, hydroquinone, sunburn, and benzoyl peroxide three (3) days prior to procedure
- Avoid IPL/Laser treatments for the seven (7) days prior to treatment
- Avoid waxing, depilatory creams or electrolysis within five to seven (5 - 7) days of treatment
- Avoid acids or defoliants that may be drying or irritating to the skin (such as alpha hydroxyl acid (AHA) beta hydroxyl acids (BHA), exfoliating masks, hydroquinone, or benzoyl peroxide acne products)
- No shaving the day of the procedure
- Report to your Skincredible provider *prior to treatment* any significant changes in your skin recently including any breakdown of skin or excess dryness or sunburn
- Make sure your skin is clean without lotion, oil, makeup, deodorant, powder, perfume or sunscreen
- If you have a history of cold sores, an Antiviral agent is recommended for two (2) days prior to treatment (including the day of treatment).

*If you are suffering from the following we recommended waiting to utilize the Microneedling treatment until symptoms subside.*

*Active cold sores  
Herpes simplex,  
Warts in the area to be treated  
Open sores  
Sunburned  
Pregnancy  
Dermatitis  
Inflammatory Rosacea  
Excessively sensitive skin within the application area*

## WHAT SHOULD YOU DO THE DAY OF TREATMENT?

- Do not use any lotions, creams, make-up or deodorant in area to be treated
- Arrive for your appointment with clean washed skin
- Inform your Skincredible provider of any changes in your medical history and of all medications you are taking



## WHAT SHOULD YOU DO THE DAY AFTER TREATMENT?

Immediately after the Microneedling procedure, your Skincredible provider may apply moisturizer and sunscreen topically. It is important to abide by the following instructions to optimize the treatment results and to avoid any complications:

- Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. In the event of soreness, use only Tylenol as directed by your Skincredible provider.
- Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, always use sunscreen SPF30 or above. You may clean your face with a gentle cleanser before bed.
- Redness or sensitivity may be present after the treatment and may last for up to 48 hours.
- Do not pick or scratch at treated skin but instead keep moisturized
- Avoid strenuous exercise or sweating for 24 hours due to open pores
- Treat skin gently, washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment
- You may use cool compresses after if excessive discomfort, burning, redness, or swelling
- You may restart the use of mineral makeup after 24 hours following treatment
- You may restart your regular skin care regimen 48 hours following treatment and any Retin A treatments 72 hours following treatment

# WHAT SHOULD YOU EXPECT?

## Day 1

On the day following the Microneedling treatment you may continue to be red - though generally far less than the day of treatment - and may have some slight sensitivity.

You may clean your face as usual and apply makeup, lotions and other topical products as usual. Stay away from exfoliants or glycolic acids that may be present in certain cleansers as these can make your skin very dry after the procedure.

Be sure to use an approved sunscreen - SPF 30 or greater!

## Day 2-7

Within two (2) days following your Microneedling treatment, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer. Follow any instructions given to you by your Skincredible provider.

If treated around the eyes, you may have a little micro bruising that may exist for three or four days. This can easily be covered with makeup.

Two (2) to three (3) days following treatment your skin will begin shedding. These layers of skin would regularly shed within a week's time, but the deliberate agitation of Microneedling brings this skin to the surface sooner. While this is temporary, your skin may shed and be drier than usual during the healing process. You may resume your use of regular skin care products once your skin is no longer irritated.

Many patients will see improvement in their skin as early as 48 hours following the treatment.

## Day 7+

By a week after the Microneedling treatment, a Patient may expect to be fully recovered will notice a significant improvement in the smoothness and radiance of their skin.

Over the course of multiple Microneedling treatments, patients should continue to take extra care with sun protection every day and being sure to reapply every 2 hours if outdoors.

# HOW MANY TREATMENTS DOES IT TAKE?

Optimal results with Microneedling are best achieved through a series of treatment sessions. Skincredible recommends an initial follow-up and repeat treatments in 4 to 6 week intervals. Generally, we recommend a series of 3 - 5 treatments to begin.

We encourage all patients to discuss with their Skincredible provider the best Microneedling treatment plan for their specific needs.

IF YOU HAVE ANY ADDITIONAL QUESTIONS ABOUT MICRO-NEEDLING  
PLEASE FEEL FREE TO EMAIL SKINCREDIBLE AT

[frontdesk@skincredible.com](mailto:frontdesk@skincredible.com)