



## MICRONEEDLING WITH PRP PRE & POST CARE INSTRUCTIONS

We look forward to seeing you for your appointment. Below are the pre- and post-care instructions for your treatment.

### PRE-CARE INSTRUCTIONS:

#### Please do not:

- Have this treatment if you are pregnant or breastfeeding or are allergic to any of its ingredients
- Use oral steroids 1-2 weeks prior to treatment
- Apply self-tanner to the treatment areas within 2 weeks of the appointment
- Apply products that are potentially irritating for 2-5 days before treatment unless directed by your provider (examples - tretinoin/Retin-A, alpha and beta hydroxy acids, benzoyl peroxide, hydroquinone)

#### Please do:

- Inform your provider if you have any questions prior to the treatment.
- Inform your provider if you have had any medical updates including new medications, allergies, surgeries or medical events.
- Pick up prescribed numbing cream at glo MD or your pharmacy prior to the day of your appointment or arrive 40 minutes prior to your appointment time and we will supply you with numbing cream to apply in our office.
- Drink water and stay hydrated before your treatment. We recommend drinking half your body weight in ounces of water per day.
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.
- Inform your provider if you have any of the following medical conditions:
  - History of keloid scarring
  - History of psoriasis or a connective tissue disorder
  - Immunosuppressive conditions such as AIDS, HIV or the use of immunosuppressive medications, radiation therapy or chemotherapy

- Current skin cancer or any other type of cancer
  - Vascular disease, history of bleeding disorder or the daily use of anticoagulants, aspirin, NSAIDs iron supplements, or supplements such as ginkgo, ginseng, garlic or fish oil
  - Open wounds or active skin conditions such as cold sores, eczema, psoriasis, dermatitis or warts in the treatment area
  - Allergies to metals
- Inform your practitioner if you have taken Accutane/isotretinoin (oral acne medication) in the past year.
- Inform your provider if you have any tattoos or permanent makeup in the treatment area.
- Avoid cosmetic procedures such as microdermabrasion, chemical peels and laser procedures in the treatment area for at least two weeks pre- and post-treatment.
- Schedule appointments prior to special events with your provider so that you achieve the best results and are not in a recovery phase during your event.
- Avoid sun exposure prior to treatment. Use SPF 30+ daily.
- Store cool packs in your freezer for use after you get home.

#### **Day of Treatment:**

- Cleanse skin and apply a generous layer of the prescribed numbing cream to all treatment areas 40-60 minutes prior to your scheduled appointment. Wash your hands after application. [Click here for detailed instructions on numbing cream application.](#)
- If you do not have numbing cream, please arrive at least 40 minutes prior to your appointment time and we will supply you with numbing cream to apply in our office.
- Arrive a few minutes before your scheduled appointment time to complete the check-in process, update or fill out any necessary paperwork and take progress photos.

## **POST-CARE INSTRUCTIONS:**

#### **Managing Discomfort:**

- Mild tenderness may occur following treatment. You may take Acetaminophen/Tylenol if you experience this.
- Redness and swelling are normal and typically resolve within 24-48 hours. Some bruising may also occur. You may apply cool packs for discomfort and swelling.

#### **Skin Care/Makeup Application:**

- Do not cleanse skin or apply any skin care products for the rest of the day of your treatment unless directed by your provider.
- The day after treatment, use a gentle cleanser, fragrance-free emollient moisturizer and SPF 30+. If you have Plated Intense, Daily or Calming Serum, you may apply this before your

moisturizer and SPF. Continue these products until your skin returns to normal (approximately 2-5 days).

- The day of the treatment, avoid contact with the treatment area and do not pick or scratch treated skin. If you need to touch your face, make sure your hands are clean.
- Avoid having pets/animals touch the treatment area the day of the treatment.
- Do not apply makeup for the first 24 hours post-treatment. After 24 hours, mineral makeup is recommended.
- Make sure you use clean linens and towels during the healing process.
- Dry, flaking skin in the treated area is common and typically resolves within 4-5 days. Gentle cleanser and a rich, emollient moisturizer are recommended.
- You may return to your skin care products and regular makeup when your skin returns to normal, typically 2-5 days after treatment.

**Exercise:**

- Avoid vigorous exercise for 24 hours following procedure.

**Sun/Light/Heat Exposure:**

- Avoid heat (saunas/hot tubs) and sun exposure for 3 days post treatment.
- Resume sun protection and SPF 30+ application the day after the treatment.

**Follow Up:**

- If this procedure is part of a treatment series, schedule your next appointment 4-6 weeks out.
- Best results are typically achieved with 3-4 treatments and maintenance at least twice per year.
- Results are gradual and can take from 1 week to 3 months to see full benefits.
- Please contact us if you have any questions or concerns. Text is the best method of contact if you have after-hours questions.

Thank you,

glo MD Aesthetics and Wellness

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