



World Class
Dentistry and
Facial Esthetics®

Micro-Needling with PRF, Pre & Post Care

Pre-Procedure Instructions:

- Discontinue the use of Retin A, Retinols, Vitamin A creams and other topic medications for **3** days before your micro-needling treatment.
- Avoid alcohol, caffeine and cigarettes 3 days **BEFORE** and **AFTER** your treatment. Smokers do not heal well, problems occur earlier, and results may take longer.
- Avoid Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal anti-inflammatory agents), Gingko, Biloba, Garlic, Flax oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week prior to and after your treatment. *Remember, we are creating inflammation.*

Post-Procedure Instructions:

- Drink at least 64 ounces of water the day of treatment and for 1-week post
- Do not touch, press, rub, or manipulate treated areas for at least 8 hours
- Ice may be applied for 10 min on and 10 min off after the procedure for swelling/bruising in injected areas
- No sunscreen OR makeup for 12 hours following treatment
- Wash the face **MINIMALLY** 6 hours after treatment. Use a gentle cleanser, such as Cetaphil.
- Gently massage the face with tepid water (a shower can provide an easier ability to massage the face while washing at the same time) and remove all serum and dried blood.

This will improve the appearance of the skin and also allow for better subsequent

Products:

- 12-72 hours post-treatment minimal makeup can be applied, but continue to use a gentle cleanser, hyaluronic acid *serum*, and physical sunblock with an SPF of 25 or higher. If a more aggressive treatment was performed, use a more occlusive balm such as Aquaphor.

- After 48 to 72 hours following treatment client can return to regular skin care regimen. Retinol products are strongly suggested to use for optimal results.
- Avoid alcohol-based toners for 10-14 days as well as excessive sun exposure for 10 days.

* For treatment of acne scars, usually 5-8 treatments are recommended as well as combining with TCA CROSS (3 treatments) for acne scars 4-5 weeks apart).

* For management of stretch marks and surgical or keloid scars usually up to 6-8 treatments are required, spaced apart every 5-6 weeks. More time in between treatments is suggested due to the aggressive trauma to the skin, allowing proper recovery time to avoid over-stimulation. If scars/stretch marks are 6 months old or younger, less time in between treatments is okay.

*For Scalp applications, shampoo and condition your scalp daily starting from the first evening or the next morning after PRF. It is normal to experience possible bruising, redness, itching, soreness, and swelling that may last from 3-10 days following your procedure. Arnica and bromelain are helpful to decrease bruising and swelling.

*Tylenol may be taken for discomfort/pain.

What to Avoid:

To ensure the proper healing environment, be certain to observe the following:

- For at least 2 hours post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Avoid intentional and direct sunlight, tanning beds, and heat exposure for 3 days.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for 3 days post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.