



Microneedling Pre and Post Care Instructions

Compliance with the recommended pre / post care instructions and the use of the recommended skincare products are crucial for the success of your treatment and to prevent unnecessary side effects or complications.

PRE-TREATMENT:

- Discontinue use of retinol, tretinoin, AHA, hydroquinone, benzoyl peroxide, etc., 3-5 days prior to treatment.
- Avoid cosmetic treatments, such as chemical peels, lasers, injectables, etc., at least two weeks prior to treatment.
- Avoid prolonged sun exposure for 2 weeks prior to treatment.
- Avoid self-tanner for 2 weeks prior to treatment. Be sure to remove all self-tanner from the skin prior to treatment.
- If you have active acne, active cold sores, or open lesions, your treatment may be rescheduled.
- Treatment cannot be performed within 6 months of Accutane (Isotretinoin).
- Treatment cannot be performed while pregnant or nursing.
- Antiviral medication may be necessary if you have a history of cold sores.

Recommended Pre and Post Skin Care:

Plated Intense is recommended to start using 2 weeks before your treatment

- Use 2 weeks before treatment to reduce inflammation, inhibit melanocyte activity to mitigate post inflammatory hyperpigmentation.
- Stimulates collagen and elastin production.
- Calms post procedure skin and helps reduce recovery time.
- Continue to use throughout the treatment series to preserve and maximize results.

****Plated Intense** should be the first product applied to the skin. Wait until the skin is dry (5-10 minutes) before applying any other products.

POST-TREATMENT:

- After treatment skin will be red/pink. **The skin can feel warm, dry, tight, irritated, and swollen.** You will look and feel sunburned for 1-3 days.
- The treated area can feel rough and may be flaky for up to a week. Allow skin to flake off naturally, do not pick or exfoliate.

Day 1, Immediately after treatment:

- Avoid direct sun exposure for at least 24 hours. A wide brimmed hat is recommended.
- Do not use any products on the skin on the day of treatment, unless instructed by your provider.**
- On the day of treatment, do not wash face at night.
- Plated Intense serum may be applied at bedtime.
- If PRP or Exosomes are added to the treatment do not wash face for a full 24 hours.**

Day 2 & 3:

- Wash face two times a day with gentle cleanser, pat dry.
- Apply Plated Intense serum and gentle moisturizer.
- Apply sunscreen of SPF 30 or higher.
- Apply moisturizer as needed throughout the day (i.e. Alastin Ultra Light Moisturizer, CeraVe, Cetaphil).
- Avoid sweaty exercise for 2-3 days.

Day 4:

- Avoid any exfoliating products, or medications for 1-2 weeks.
- You may resume your normal skin care regimen after the skin is no longer sensitive or peeling.

- For optimal results, a series of 4-6 treatments is recommended at 4-6 week intervals.
- Call the office with any questions or concerns, or for any signs of infection (increased redness, swelling, tenderness).
- Sun exposure should be avoided for 2 weeks after treatment and 2 weeks prior to your next treatment.

***Please note the extreme importance of our patients strictly following the pre and post care instructions above. These instructions are vital to helping you to achieve optimal results of this procedure, and most importantly to prevent and reduce the risk of potential complications.**