

# Microneedling

## Pre-Appointment Instructions



You are scheduled to have a Microneedling procedure.

Microneedling uses a medical device to make thousands of tiny punctures into the upper layers of your skin, stimulating tissue regeneration to improve its appearance and tone. The needling system is used in combination with one or more of pharmaceutical products like Hyaluronic acid or exosomes, or Platelet Rich Plasma (PRP), your body's own growth and healing factors.

Your treatment will take approximately one hour and includes 20 minutes for a pre-treatment numbing cream to take effect.

### Prepare for Your Appointment

#### **2-3 days before your appointment (to minimize bruising):**

- ✗ Refrain from using blood thinners, unless they are medically required.
- ✗ Avoid consuming alcohol
- ✗ Avoid Retinols, Vitamin E and Fish Oils

#### **The day of your appointment:**

- ✓ Come in with a clean face
- ✗ Do not wear makeup or use skincare products

#### **The week before a PRP treatment:**

**(optional but it helps improve PRP quality)**

- ✗ Avoid alcohol for several days
- ✗ Reduce protein in your diet intake for a few days prior to your appointment.
- ✓ Increase fruits and vegetables one week before
- ✓ Exercise the day of your treatment
- ✓ Stay hydrated

### Support

For any question or concern, please call your aesthetic service provider at 431-388-8869.