

Smith County Family Medical

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Before Microneedling Treatment Instructions

1. Avoid Accutane in the six months prior to beginning your treatment sessions.
2. Do not use topical agents that may increase the sensitivity of your skin such as retinoids, exfoliants, topical antibiotics or acids 5-7 days prior to your treatment.
3. Do not take anti-inflammatory medications such as ibuprofen, Motrin, or Advil for at least 3 days prior to your microneedling session. These will interfere with the natural inflammatory process that is critical for your skin rejuvenation.
4. Avoid IPL/Laser procedures, unprotected sun exposure, or sunburn for at least 2 weeks prior to your procedure.
5. No waxing, depilatory creams, or electrolysis to the area being treated for 5-7 days prior.
6. Do not shave the day of the procedure to avoid skin irritation. If there's dense hair present in the treatment area, shave the day before you arrive for your appointment.
7. If you're prone to cold sores, take an antiviral agent for 2 days prior to and the day of the treatment.
8. Avoid blood thinning agents for one week prior because bruising is a common side effect of microneedling.

Day of Treatment Instructions

1. Your skin will be cleaned so it's free of lotion, oil, makeup, powder, or sunscreen. If you wish, you can wash your face in the office upon arrival.
2. You will be asked to inform your skin care specialist about any relevant changes in your medical history and of all the medications you're taking.
3. Your specialist will ask if there are any cosmetic tattoos in the treatment areas.
4. 30-45 minutes prior to your treatment, topical lidocaine will be applied to your skin.
5. The microneedling treatment is an in-office procedure that typically takes up to 60 minutes to complete.

After Microneedling Treatment Instructions

1. Do not take any anti-inflammatory medications for one week after the procedure.
2. Do not use ice on your face, and avoid using arnica/bromelain. These may interfere with the natural inflammatory process that's critical for your skin rejuvenation.
3. Avoid sun tanning and prolonged exposure to direct sunlight for at least 2 weeks. After 24 hours, always use sunblock (30 SPF or higher) and wear a hat if you're outside.
4. Use a painkiller, such as Tylenol, if you experience any soreness.