



Microneedling Patient Handout

Microneedling is an in-office skin treatment that uses tiny, controlled micro-injuries to stimulate your body's healing process. This is designed to encourage collagen and elastin stimulation, helping to improve the skin's texture, soften fine lines and reduce the appearance of scars and pores. This treatment is minimally invasive, with little to no downtime, making it a popular choice for those who want smoother, healthier-looking skin in a natural way.

Treatment Time: Each appointment includes 30 minutes of numbing time followed by 30 minutes of treatment time, allowing us to carefully tailor the procedure to your individual needs. There is a \$100 initial consultation fee, which can be applied towards your treatment.

Preparing for Your Procedure

1. **Consultation**
 - **Your Medical History:** Please inform us of any medical conditions, allergies, or medications you're currently taking, including over-the-counter drugs and supplements. This information helps us tailor your treatment to your needs.
 - **Setting Expectations:** Talk with your provider about your skin goals. Microneedling can improve texture, fine lines, scars, and pores, but results build gradually over a series of treatments.
 - A topical numbing cream will be applied in-office before your treatment to maximize comfort.
2. **Medications and Supplements**
 - **One Week Before:** Avoid blood-thinning medications such as aspirin, ibuprofen, or naproxen, as well as supplements like vitamin E, fish oil, and ginkgo biloba. These can increase bruising or bleeding.
 - **Prescription Medications:** Do not stop any prescribed medications without first consulting with your healthcare provider.
3. **Timing with Procedures**
 - **Plan:** Stop using exfoliating products such as retinol, tretinoin, or strong acids one week before your appointment. Avoid sun exposure and tanning beds. Sunburned skin cannot be treated. Treatment will be rescheduled if you have an active infection, rash, or open wound in the treatment area.
4. **Alcohol and Caffeine**
 - **24-48 Hours Before:** Avoid alcohol and excessive caffeine, as they may increase swelling or sensitivity.
5. **Skin Care Routine**
 - **Avoid Irritants:** Skip harsh products (like scrubs, peels, or acne spot treatments) for at least one week before treatment.
 - **Stay Hydrated:** Drink plenty of water and keep your skin moisturized leading up to your appointment.
6. **Preventing Infections**
 - **Cold Sores:** If you are prone to cold sores, please let us know in advance. An antiviral prescription may be recommended to help prevent an outbreak.

Post-Treatment Care

1. **Avoid Touching the Area:**
 - Do not rub, scratch, or pick at your skin after treatment. This helps prevent irritation, infection, and scarring.
 - Use a clean pillowcase for the first 3 nights to ensure the treatment area stays clean
2. **Stay Clean:**
 - **Makeup:** No makeup for the first 48 hours.
 - **Skincare:** Only use gentle cleansers and lukewarm water. Pat dry with clean hands or a soft towel.
 - Avoid: retinoids, exfoliating acids (glycolic, salicylic, lactic), benzoyl peroxide, or harsh scrubs for 5-7 days.
 - Safe: gentle cleanser, fragrance-free moisturizer, hyaluronic acid, mineral SPF.



3. **No Strenuous Activity:**
 - Avoid heavy exercise, excessive sweating, and environments with dirt or bacteria (like gyms, saunas, or swimming pools) for 24–48 hours.
4. **Avoid Heat Exposure:**
 - Stay out of direct sun, tanning beds, hot showers, or saunas for at least 48 hours. Use SPF 30+ daily to protect your healing skin.
5. **Makeup and Skincare:**
 - You may return to using gentle, hydrating skincare after 24 hours. Avoid harsh exfoliants, retinols, acids, or chemical peels for at least one week.
6. **Redness & Sensitivity**
 - Mild redness, warmth, or tightness is normal and usually resolves within 24–72 hours. A cool compress may be applied if needed.
 - Contact our office if you notice spreading redness, pus, severe swelling, fever, or any signs of infection.
7. **Results Timeline:**
 - **Skin Expectations After Microneedling**
 - **Day 0:** skin will be red, warm, tight, mildly swollen (like a sunburn).
 - **Day 1:** Pink, less swelling; skin may feel dry or rough.
 - **Day 2–3:** Redness fades; dryness or light peeling can begin.
 - **Day 4–5:** Peeling/flaking more noticeable; new skin looks smoother and brighter.
 - **Day 6–7:** Most redness/peeling resolved; skin feels refreshed and more even.
 - **After 1 Week:** Ongoing collagen production; texture and tone continue improving for 4–6 weeks. As long as the skin is fully healed, then it's okay to incorporate active ingredients back into your skincare routine.
 - Initial improvements in skin texture may be visible within a week. Collagen and elastin production continues over the next several weeks, with optimal results seen after a series of treatments. For best results, a series of 3–6 treatments spaced 4–6 weeks apart is typically recommended.

Important Considerations

Microneedling is generally safe for most people, but there are certain conditions that may affect your treatment. Please discuss the following with your provider:

1. **Allergies**
 - If you have any known allergies to topical numbing agents (lidocaine, benzocaine, tetracaine) or ingredients in aftercare products, let your provider know so alternatives can be used.
2. **Active Infections or Skin Conditions**
 - Treatment should be postponed if you have active acne, cold sores, eczema, psoriasis, or any open wounds in the treatment area until the skin has fully healed.
3. **Autoimmune Conditions**
 - Certain autoimmune diseases (such as lupus, psoriasis, or scleroderma) may increase sensitivity or delay healing. Your medical history should be reviewed to determine if treatment is appropriate.
4. **Pregnancy and Breastfeeding**
 - The safety of microneedling during pregnancy and breastfeeding has not been established. It is recommended to wait until after this period to proceed.
5. **Bleeding Disorders and Medications**
 - Patients with bleeding disorders or those taking blood-thinning medications may be at higher risk for pinpoint bleeding or bruising. Please discuss your medications with your provider.
6. **Recent Facial Treatments**
 - If you've recently had laser treatments, chemical peels, or injectable treatments, you may need to wait until your skin has fully healed before microneedling. Your provider will give you personalized guidance.