

PRE & POST TREATMENT INSTRUCTIONS

MICRONEEDLING + PRP

Pre-Treatment Instructions:

- Avoid anti-coagulants and blood-thinning medications and supplements 4 days prior to treatment. If you are on a prescription medication, please speak with your doctor before discontinuing any medication.
- Must not have any new injectables on or near the treatment area. Please allow an adequate time of at least 2 weeks for any treatment to heal prior to micro needling.
- If you have any active acne in the treatment area please call to reschedule.
- Avoid any retin-A, retinoids, topical antibiotics, exfoliants, hydroquinone and benzoyl peroxide 3 days prior to treatment.
- Avoid any sun exposure, tanning beds, self-tanning products 3 days prior to treatment.
- Avoid chemical peels, waxing or plucking two weeks prior to treatment.
- No oral antibiotics and steroids at least 1-2 weeks prior to your appointment.

Post-Treatment Instructions:

- No sun exposure for at least 14 days after procedure.
- No tanning beds, self-tanning products for 7-14 days after procedure.
- No exfoliating medications or chemical products for at least 7 days.
- No vitamin A products for 7 days post treatment.
- No shaving 3 days after procedure.
- No sweating, exercising, sauna, steam bath until skin irritation has resolved (3-7 days).
- Apply Ice and take Tylenol if you feel discomfort or swelling. Do not take Ibuprofen, Aleve or Motrin.
- After the treatment you will experience redness of the skin which should start resolving within 1-2 days. You may experience some swelling, burning, itching, skin tightness and sensitivity. It can take up to 5-7 days for the skin to heal.

The information provided is for educational purposes only. Patients will be given the opportunity to have questions answered during their consultation before the procedure and will be advised of adverse reactions and alternative treatment options. It is the patients responsibility to adhere to pre-prep/post-prep instructions. For more assistance you can call us or visit your nearest Emergency Room for emergency situations.



LIFESTYLE & AESTHETIC MEDICINE

8302 McLeod Road - Unit 2, Niagara Falls, Ontario L2H 0Y7

Phone: 905-353-0707 info@mdtreatmentlounge.com www.mdtreatmentlounge.com