



## Pre/Post Instructions for Microneedling with PRP

### Pre-Treatment

1. Sun exposure and/or usage of a tanning bed, including self-tanning products must be avoided for a minimum of 24 hours before and after the treatment, preferably 1 week. Treatment within 24 hours of prolonged sun exposure (natural sunlight, artificial tanning booth, or sunless tanning products) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months or may even be permanent. A microneedling treatment will not be administered on sunburned skin.
2. Area to be treated must be clean, and free of any lotion, makeup, and sunscreen. If you have any of these on, they must be completely washed off prior to treatment.
3. Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment and should not be used during your course of treatment.
4. No area to be treated should receive any type of Chemical Peel for 2 weeks prior and after treatment. Retin-A, Renova, and Tazorac must not be used for 1 week prior to or after treatment.
5. Waxing and/or use of chemical depilatories must be avoided for 2 weeks prior and after the treatment. Shaving is allowed immediately before treatment and 48-72 hours after treatment as long as there is no skin irritation.
6. You may not be pregnant for this treatment.
7. Notify the provider of any tattoos, including cosmetic tattooing and microblading, in the vicinity of the area to be treated as tattoos must be avoided.
8. If you have a history of cold sores, we may recommend prophylactic antiviral therapy in the form of Valtrex® or Aycyclovir. If so, contact your primary care provider and follow the directions for your prescription.

9. During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

#### Post-Treatment

1. A sunburn-like effect is normal for 1-3 days. You will look and feel sunburned after the treatment. Severity of redness will depend on how aggressive the treatment was performed. The skin may feel tight, dry, swollen, and sensitive to the touch. The treated area may appear darker and the darkened skin may flake off within 1 week. Avoid picking or exfoliating the area and allow old skin to flake off naturally. Do not use exfoliating medications, chemicals, or products on the treated areas for at least 1 week.
2. PRP should be applied directly to skin the evening of procedure. The morning after, wash the treated area gently with a gentle cleanser or water. Apply aftercare product as instructed by your clinician, as much as needed for the next 24 hours. Avoid any products with parabens, petroleum, mineral oil, silicone, cetyl alcohol, and fragrance. Do NOT use alpha hydroxy acids, beta hydroxy acids, retinol (vitamin A), vitamin C or anything perceived as 'active' skin care.
3. 24-72 hours post-treatment, mineral makeup can be applied.
4. 48-72 hours post-treatment, you may return to your regular skin care regimen. Retinol products are strongly suggested for optimal results.
5. Sun exposure must be avoided for at least 24 hours after your treatment, preferably 1-2 weeks. If you know you will get incidental sun exposure, i.e., driving to and from work, walking from your car to the house, etc., we recommend physical avoidance of the sun in all treated areas, a protective hat and a full spectrum sun block of SPF 30 or higher.
6. No exercise that causes sweating, Jacuzzi, sauna, or steam baths if any skin irritation exists (usually first 24 hours). Sweating can be harmful due to bacteria that may cause infections and adverse outcomes.  
No swimming for 24 hours.
7. Tylenol may be taken as necessary for discomfort. Ice packs may be used if desired to minimize swelling.
8. Sleep on your back with your head elevated slightly to reduce swelling.
9. Watch blood draw area for unusual swelling or signs of infection, and contact us immediately if you have any concerns.
10. For best results and efficacy, we recommend a series of 5-8 treatments administered at 4-6week intervals (PRP facials minimum 3 initial treatments). You may notice immediate as well as longer term improvements in your skin. Once results achieved, maintaining every 4-6 months is optimal.

### Timeline

1-2 Days - Face may appear as though you have a mild sunburn. Areas of thinner skin may have tiny red dots called "petechiae." If PRP injections were used, bruising can occur at the injection site.

3 Days - Sunburn look is gone. If PRP was injected, volume starts to dissipate.

7 Days - Petechiae resolves.

3 Weeks - New blood vessels begin to form, bringing increased blood flow for collagen to form.

3-6 Months - Overall improvement of skin tone, texture, and reduction of fine lines.

### Facts About PRP and FDA-Approved Microneedling

Platelet-rich plasma has been safely used in medicine since the early 1990s. In orthopedics, PRP is injected in injured tendons, ligaments, muscles and joints to accelerate and promote regenerative healing. It is also used to treat certain periodontal and maxillofacial diseases.

Microneedling creates very minor micro-injuries, causing a cascade of growth factors to release, triggering collagen synthesis. When used in connection with PRP, the micro-injuries allow your plasma to be absorbed into the skin, amplifying the effects of microneedling alone. Platelet rich plasma has several growth factors that help restore collagen, restore lost volume, increase new cell growth, smooth acne scarring, and promote cell turnover of the skin, giving a youthful appearance. Pore size, hyperpigmentation, sun damage, fine lines, and wrinkles are all decreased.

Also known as Collagen Induction Therapy, this process is proven to restructure existing collagen fibers. Platelet growth factors are absorbed into the skin and help the skin heal itself by generating fresh cells and structural tissue, improving circulation to restore a more youthful glow

Since microneedling with PRP uses your own blood plasma, the risk of complications and allergic reactions are very unlikely. The risk of injection and skin discoloration is very rare.