

## MICROPEN / PRP PRE-CARE INSTRUCTIONS

### 2 WEEKS PRIOR TO TREATMENT

- **DO NOT** expose skin to the sun or tanning beds
- **TREATMENTS** of Botox or fillers must be done 2 weeks prior to Needling (or two weeks after). MDA & Peels must be completed 3 weeks prior or 3 weeks after
- Smoking, using the Nicotine patch, gum or other Nicotine products, decreases the oxygen in the blood and decrease healing quality

### 5-10 DAYS PRIOR TO TREATMENT

- **STOP** all AHA products: Retin A, Renova, or Retinal on area(s) to be treated 5 days prior to treatment
- **DO NOT** take Aspirin, Motrin, Ibuprofen, Aleve, vitamin E, Fish oils or Ginko Biloba for 10 days prior to treatment. Tylenol is OK
- Patients **CANNOT** be on Coumadin or have used Accutane in the last 6 months
- If you are prone to cold sores/herpes breakouts, start prescription for antiviral medication
- Taking a supplement of Vitamin C like Emergen-C (1000mg 2x a day) can accelerate healing and promotes new collagen
- Continue the same care as above
- After day 10, you may start your normal skin care regimen, including Retin-A, Hydroquinone, Vit C and E moisturizers; **DO NOT** apply any of these topical products for a minimum of 10 days post procedure
- Please bring a large sun hat on day of procedure
- Although not necessary, we advise someone drive you after procedure

### CONTRAINDICATIONS

- A history of Bells Palsy or Shingles, uncontrolled diabetes
- Contact dermatitis, active infection, active acne, herpes, active cold sores or warts
- Solar Keratoses (raised lesions) or current skin cancer
- ACEI- Captopril & immuno-suppressed patients
- Chemo, radiotherapy or high doses corticosteroids
- Allergies to Prilo/Lido/Tetracaines numbing cream
- Pregnancy/lactation