



## PRE-PROCEDURE INSTRUCTIONS

- ❁ Discontinue the use of Retin A, Retinols, Vitamin A creams and other topical medications 3 days before your micro-needling treatment.
- ❁ Avoid alcohol, caffeine and cigarettes 3 days BEFORE and AFTER your treatment. Smokers do not heal well, problems occur earlier, and results may take longer.
- ❁ Avoid medicines or supplements that delay clotting such Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal anti-inflammatory agents), Gingko Biloba, Garlic, Flax oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week prior to and after your treatment. Remember, we are creating inflammation and need platelets to clot effectively. Use Tylenol if needed.
- ❁ Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
- ❁ Avoid excessive sun or heat exposure at least 3 days prior to appointment.
- ❁ Avoid wearing ANY makeup on the day of your appointment. We will likely be micro-needling and we do not want to send makeup/chemicals into the skin.
- ❁ Increase your intake of fluid the day before your procedure by simply drinking 2 glasses of water in the morning, 2 glasses at lunch, and 2 glasses at dinner, in addition to your normal intake of water.
- ❁ Drink LOTS of water on the day of your appointment.
- ❁ Drink a bottle of water (500 mL) at least 2 hours before your session.
- ❁ Avoid eating 2 hours before your session.