

MICRONEEDLING

PATIENT INFORMATION & INSTRUCTIONS

WHAT IS MICRONEEDLING?

Microneedling is a type of skin resurfacing procedure. Most forms of skin resurfacing are achieved by introducing small channels into the skin. These channels stimulate collagen formation and skin resurfacing. This is very similar to the process of aerating your lawn. With microneedling, it is actually a group of very small needles that penetrate into the skin.

BEFORE TREATMENT

- Numbing Cream: A good layer of numbing cream should be applied to the treatment area 60-90 minutes prior to treatment.
- Valtrex: Patients with a history of cold sores should be on a preventative five-day course of anti-viral medication that starts the day before your treatment to avoid a cold sore break out.
- Acetaminophen (Tylenol): We recommend taking Tylenol and ibuprofen 1 hour prior to appointment. This will help with some of the discomfort from the procedure

AFTER TREATMENT

- Day 1-2: Skin will be very dry. Moisturizing and icing are key. An ointment moisturizer is best during the first few days. Ice in 15 minute on, 15 minute off, intervals over the first 24 hours to help with redness and heat. You may notice some red striping or streaking of skin. This is normal and will fade.
- Day 3-5: You may develop some very small pinpoint crusting. Do not scrub at these, they will fall off naturally. At this point you can transition to gentle cream based moisturizer. Powdered foundation can be worn.
- Day 6-7: Continue gentle moisturizer and cleanser. Skin should be clearing and nearly finished healing at this point. Avoid exposure to the sun for 1 week. If sun exposure is expected, apply an SPF 30 or higher sunblock to prevent pigmentation changes.
- Avoid any irritants or bleaching agents, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic & salicylic acids, astringents or Vitamin C for 2 weeks after your treatment.
- If instructed by your provider, or if you develop any crusting, you may treat area with vinegar soaks.
- 1 tablespoon white vinegar + 1 quart water. Mix ingredients together & store in fridge between uses. Soak a soft cotton cloth or gauze in the solution. Wring out cloth and apply to the areas for about 15 minutes. Repeat this twice daily. Do not "double dip" the cloth in the solution, it will be contaminated.

POSSIBLE SIDE EFFECTS

- COMMON: REDNESS, SWELLING, BRUISING, CRUSTING
- RARE: SCARRING, HYPERPIGMENTATION, COLD SORES INFECTION

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