

# SERENITY

## MEDICAL AESTHETICS

### Microneedling Pre and Post Procedure Instructions

#### PRE-PROCEDURE INSTRUCTIONS:

- Two weeks before your procedure:
  - Inform Serenity Medical Aesthetics if you are taking any medications or have any medical conditions, including but not limited to, a history of keloid scarring, an allergy to stainless steel, or a history of herpes simplex virus, as it may impact the suitability or planning of the treatment.
  - Avoid waxing, chemical peels, dermabrasion, or any other invasive facial treatments or hair removal methods in the treatment area.
  - Avoid direct sun exposure and tanning beds for at least two weeks before the treatment. Use broad-spectrum sunscreen (SPF 30 or higher) if sun exposure is unavoidable.
- One week before your procedure
  - Stop drinking any alcohol. Alcohol thins the blood and can cause excessive bleeding during the procedure
  - Discontinue blood thinning or antiinflammatory medications like Aspirin, steroids or Motrin which can also contribute to excessive bleeding. If you were prescribed these by a doctor, please get your doctor's clearance before stopping the medication and notify Serenity Medical Aesthetics.
  - Discontinue the use of any physical exfoliant products, which includes topical prescription medications and/or skincare products containing retinol, alpha-hydroxy acids (AHAs), or beta-hydroxy acids (BHAs) for at least one week before the treatment.
  - Be mindful of your sun exposure. Treatments cannot be done on burned skin.
  - If you have a history of cold sores or fever blisters, notify the medical provider, as an antiviral medication may be prescribed prior to the treatment.
- On the day of your procedure,
  - Eat a full, healthy breakfast and be sure to drink plenty of water.
  - Ensure that your skin is clean and free of any makeup or skincare products.
- You are not a candidate if you are pregnant or breastfeeding. You are also not a candidate if you have used isotretinoin (Accutane) within the last 6 months.

#### POST-PROCEDURE INSTRUCTIONS:

- You may experience mild swelling, redness, or bruising in the treated area. Your skin might feel similar to a sunburn. This is normal and should subside within a few hours to a few days.
- Follow the skincare routine recommended by your medical provider, including the use of gentle cleansers, moisturizers, and sunscreens appropriate for your skin type.
- For 24 hours,
  - Avoid applying makeup or any other skincare products to the treated area to allow for optimal absorption of the PRP. You can restart sunscreen 24 hours post treatment.
  - Avoid alcohol or blood thinning medications
  - Discontinue the use of any physical exfoliant products, which includes topical prescription medications and/or skincare products containing retinol, alpha-hydroxy acids (AHAs), or beta-hydroxy acids (BHAs)
- For 72 hours,
  - Cleanse the treated area gently using a mild, non-abrasive cleanser and lukewarm water. Pat dry with a clean towel, avoiding rubbing or excessive pressure.
  - Keep the treated area clean and avoid touching it with unwashed hands to minimize the risk of infection.
  - Avoid sun exposure and engaging in strenuous exercise, activities that cause excessive sweating, or using hot tubs, saunas, or steam rooms.
- For 2 weeks,
  - Protect your skin from extreme temperatures, such as very hot or cold environments, as it may be more sensitive during the healing process.
  - Avoid direct sun exposure and tanning beds for at least two weeks following the treatment. Use broad-spectrum sunscreen (SPF 30 or higher) and wear protective clothing when outdoors.
  - Avoid picking, scratching, or exfoliating the treated area as it heals to prevent scarring or skin damage.
  - Refrain from vigorous facial massages or treatments in the treated area.

If any unexpected side effects or concerns arise, contact your medical provider immediately.

The full benefits of microneedling may take several weeks to become apparent. Multiple treatment sessions may be recommended for optimal results, as advised by your medical provider. Be patient and consistent with your skincare routine and follow-up appointments to maximize the benefits of the microneedling treatment.

