

# DERMATOLOGY + PLASTIC SURGERY

*For Your Best Self*

ANITA SALUJA, MD | REBECCA NOVO, MD

## Medical Microneedling

### TREATMENT REGIMEN AND CARE

#### Prior to Treatment:

Before the medical microneedling treatment please observe the following:

- Avoid Retin-A /Tretinoin, hydroxy acids, or anti-aging products or applications for **12 hours** prior.
- Avoid prolonged sun exposure to the face 24 hours prior to your microneedling treatment. Treatment will not be administered on sun burned skin
- On the day of the treatment please keep your face clean and do not apply make-up.
- Please inform us if you have a history of cold sores/fever blisters (HSV) or if you are a smoker. We will need to discuss prior to treatment.

#### What Can Be Expected:

After the treatment please be aware and observe the following:

- Immediately after your treatment you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. You may experience minor swelling and pinpoint scabs. If this occurs, this is normal and will subside after 1 to 2 hours and will normally recover within the same day or 48 hours. You may see slight redness after 24 hours but only in minimal areas or spots
- Pink blotches and/or bruising is possible. Please call with any questions.
- Your practitioner will prescribe post procedure skin care after the procedure (Alastin Skin Regenerating Nectar and/or Arnica tablets or cream) to help soothe, calm and protect the skin, continue to use for 3 days minimum and preferably for 2 weeks as your first step after cleansing. Anti-aging skincare products can be resumed again after 1 week. *If possible, after day 3, I highly encourage home use of Clarisonic Smart Profile Uplift massage head for anti-aging, even a minute a day is helpful.*

#### Instructions:

- **CLEAN** – Wait 6 hours, then use gentle cleanser with tepid water to cleanse and dry gently. Always make sure your hands are washed first. SkinMedica Gentle Cleanser or SalujaMD Cleanser are options.
- **HEAL** –Apply Alastin Skin Nectar twice daily to the treated area. Alastin Skin Nectar enhances the skin's natural ability to rejuvenate itself. Continue this for 2 weeks.
- **HYDRATE** – Following your treatment as the skin may feel drier than normal. Continue Alastin Skin Nectar, Restorative Ointment, and Obagi Hydrate which contain the ideal ingredient to hydrate and restore the skin back to perfect balance. You may resume using Skinmedica moisturizer with Hyaluronic Acid (HA5) after five days. If your skin is extremely dry, please ask us for our recommended skin balm.
- **STIMULATE** – In the days following your treatment as the skin starts to regenerate, collagen stimulating peptides are ideal to keep the stimulation going & these are found in Skin Nectar and HA5. \*Intake of bone broth (Ancient Nutrition brand) may also help.
- **MAKE-UP** – It is recommended that make up is not applied for 12 hours after the procedure although your practitioner may be able to supply you with specialized mineral make-up that they feel would be suitable for use during this period.
- **PROTECT** – Immediately after the procedure apply a broad spectrum UVA/UVB sunscreen with a SPF30. We recommend SkinMedica Essential Defense SPF 30. Do not use additional sunscreens as ingredients can be toxic to the treated area for 24 hours.
- **What to Avoid:** For the first week post treatment, do not use any Hydroxy Acids, Peptides, Retinol / Tretinoin(Vitamin A), or anything perceived as 'anti-aging' skincare.
- No direct or prolonged sunlight, swimming, exercising or strenuous activity for the first 24 hours post treatment. Sweating and gym environments are harmful with bacteria and may cause adverse reactions. No tanning beds!