

Patient Instructions for Exceed Microneedling Treatment

Prior to treatment:

1. Avoid prolonged sun exposure and use a sunscreen with at least SPF 30.
2. Anticoagulant therapy including aspirin, ibuprofen, naproxen should be discontinued 14 days prior to treatment (please check with your primary care physician if prescribed for medical reasons).
3. Discontinue retinoids including retinol or retin-A (tretinoin) and other skin irritants and exfoliants including glycolic or lactic acid for a minimum of 3-5 days prior to treatment.
4. If you have a history of perioral herpes simplex virus infection (cold sores), an antiviral medication will be prescribed prior to treatment (please inform us if you require a prescription).
5. Minimize or avoid alcohol consumption 2-3 days prior to procedure.

Day of Treatment:

1. Please arrive at least 60 minutes prior to your scheduled appointment time for topical anesthesia.
2. The skin must be clean. If you apply lotions, perfumes, make-up, deodorant, self tanners, please clean them off with a gentle cleanser and water provided.
3. If applicable, please take the prescribed antiviral medication, preferably, at least 2 hours prior to treatment.

Post-treatment Instructions:

Immediately post treatment, the localized pin-point bleeding should subside within 5-10 minutes of treatment. Pain or discomfort may occur with gradual cessation following the treatment. Transient mild to moderate erythema (redness) and edema (swelling) can last for 3-6 days. Other inflammatory responses such as itching, increased warmth of the skin, flaking or peeling can occur and will typically resolve within 7-8 days of treatment.

1. Immediately following treatment, a hyaluronic acid gel or serum or your platelet rich plasma (PRP) will be applied (if you choose to combine PRP with microneedling to enhance your results.)
2. For the first week and until completely healed, cleanse the treatment area with a gentle cleanser and pat dry, do not rub.
3. Avoid wash cloths, harsh irritants, and scrubs until the treated area is completely healed.
4. The treated area should be kept as hydrated as possible for one-week post treatment. We will make recommendations for moisturizers which hydrate, enhance healing and would not clog your pores.

5. Post microneedling treatment of scars, a nonstick healing dressing may be applied for protection and to enhance healing.
6. Avoid excessive sun exposure to the treatment area and gently pat in a non comedogenic sunscreen of at least SPF 30 or higher at all times for at least one month following the procedure.
7. Do not pick at the treated area. It is imperative to let the area heal on its own. If the area is picked at and further interruption of the epidermal layer (which is the top layer of the skin) occurs, this can increase the risk of infection, post inflammatory hyperpigmentation (darker discoloration of the treated area after healing), and other post procedure complications.
8. Once skin irritation resolves, you may resume your routine skin care regimen.

The following conditions may influence the ability to undergo treatment:

1. History of keloids
2. Pregnancy
3. Autoimmune disease
4. Cold sensitivity or Raynaud phenomenon.
5. Active skin infection or open wounds at the time of treatment
6. Outbreak of perioral herpes simplex virus infection (cold sores) at the time of treatment
7. History of Accutane (isotretinoin) or Soriatane (acitretin) within 6 months of treatment
8. Implanted medical devices: pacemakers, cardioverters and other implantable devices or fillers: consult your physician prior to treatment.
9. Medications: daily anti-coagulation therapy, iron supplements, vitamin E, fish oil, herbal supplements such as ginkgo, ginseng or garlic may interfere with treatment.
10. Topical medications and skin care products containing retinoids and irritants: stop 72 hours pre- and post- treatment. Self-tanning products must be removed.

Alison Young, MD PhD, Young Dermatology