

---

DERMATOLOGY AND DERMATOLOGIC SURGERY

**Microneedling**

Microneedling uses a small, hand-held device to create multiple, tiny, superficial micro-wounds in the skin. Creating small wounds in the skin helps to stimulate collagen growth to improve the appearance of acne scars, fine lines and wrinkles, and stretchmarks. There is some bleeding during the procedure and minor discomfort that is improved using topical numbing gel. For optimal results, microneedling should be performed every 4 weeks for 3 months for skin fine lines/wrinkles and 6 months for acne scarring. To maintain results, you may wish to repeat treatments every 6-12 months.

It is important to follow all directions to correctly prep your skin before your treatment and to take care of it afterwards. You must let your doctor know if you have a history of cold sores (herpes simplex) or have been on isotretinoin (Accutane) in the past.

**Who should NOT have microneedling:**

- Women who are pregnant or breastfeeding
- Patients currently taking isotretinoin (Accutane)
- Patients with active infection (e.g. cold sores, impetigo) or active acne at the time of treatment
- Patients with blood-borne diseases such as HIV and/or hepatitis
- Ask your doctor if you take blood-thinners (e.g. Plavix, Xarelto, Warfarin, etc.)

**Before your microneedling treatment:**

- You must follow strict sun avoidance with a broad spectrum sunscreen of SPF 30+ daily.
- Stop all retinoids 2-3 days before your treatment to avoid redness and peeling of skin the day of your microneedling.
- Minimal bleeding may occur with treatment. Avoid aspirin, ibuprofen, blood thinners, Vitamin E, Fish Oil, garlic, ginseng, and ginkgo for at least 2 weeks prior to treatment to minimize the risk of bruising. You may restart these the day after treatment.
- Do not wax or use depilatories for 2 weeks before your treatment. You may shave 48-72 hours after your treatment as long as the skin is not irritated.
- If you have a history of cold sores, you will be given a prescription for Valtrex. Begin this 1 day before your treatment.

**On the day of your microneedling:**

- Please arrive at the office with a fully cleansed face. No makeup, aftershave, or cologne should be applied.
- Continue taking Valtrex if you have a history of cold sores.

**After your treatment:**

- For the first 24 hours after treatment, apply only the gel provided by your doctor and wash with warm water only.
- After 24 hours, you may apply a bland moisturizer 2 to 4 times daily (e.g. Vanicream Moisturizing Skin Cream, Avene Cicalfate Repair Cream).
- After 24 hours you may gently cleanse your skin and resume makeup. Be sure to wear an SPF 30+.
- Your skin will be pink like a mild sunburn for 1 to 3 days after treatment. During this time it may feel sensitive and mildly itchy. You may wish to take Tylenol or an antihistamine as needed.
- 2 to 3 days after treatment, you may experience mild dryness and flaking due to an increased turnover of skin cells. Continue to moisturize several times per day.
- You can restart your topical retinoid in 3 to 5 days, when your skin is healed. If your skin feels too irritated, wait another few days and try again.
- Occasionally, facial and eyelid swelling may occur on the first and second day after treatment. Sleeping with the head elevated for the night and frequent cool tap water compresses will help reduce swelling.