



MICRONEEDLING PRE CARE

Discontinue use of retinol 48 hours prior to your appointment.

Avoid alcohol, ibuprofen, Aleve, Excedrin, aspirin, and Motrin 24 hours before your appointment. Tylenol is ok.

If you are pregnant, breastfeeding, or have taken Accutane within like last 6 months, you are not a candidate for microneedling.

If you have undergone chemotherapy or radiation, you will need to have been released from your oncologist to have this service.

If you have a history of cold sores let us know when you make your appointment. We will send in a medication to prevent an outbreak.

Please let us know at the time of scheduling if you have been prescribed any blood thinning medications such as Plavix, aspirin, Coumadin, or Eliquis. Please let us know if you are taking steroids or immunosuppressive medications. ***Do not discontinue use of any prescribed medications with out discussing with the prescribing physician.***

MICRONEEDLING POST CARE

1. *For the next 24 hours, use absolutely nothing on your face except Rescue/Sheet Mask/ZO Accelerated Serum Booster.*

After 24 hours you may apply makeup and use your regular routine except for retinol/Retin-A (you may resume after 48 hours for a more aggressive approach, or wait up to one week for a more gentle approach). You will also want to avoid scrubs and exfoliating pads for a few days after the treatment.

2. When the numbing wears off, your skin may feel like you have a mild sunburn.
3. Redness, swelling, and/or small red dots will occur and may last for several days.
4. Dryness, peeling, and skin sloughing may occur for several days after treatment.

5. Return for a follow-up treatment in about 4 weeks. Best results are seen with a series of 4-6 treatments combined with a customized ZO Skin Health skincare routine.
6. Sunscreen application is of vital importance. Avoiding the sun for the first week following treatment is strongly recommended.

If prolonged irritation occurs, please email or call our office at 985-255-4448.