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## **Microneedling Instructions**

### **Prior to Treatment:**

- For 24 hours before your treatment: no Retin-A (tretinoin) or retinol products, prolonged sun exposure; treatment will not be administered on sun burned skin
- Do not apply make-up the day of your treatment

### **What Can Be Expected:**

- Immediately after your microneedling treatment you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual.
- There may be pinpoint bleeding initially that will subside. This depends on your skin type and the treatment level. This is normal and will normally recover within 24 - 48 hours.
- You may see slight redness after 24 hours but only in minimal areas or spots. Deeper treatment (for acne scars or coarse wrinkles) may require slightly longer recovery times.

### **What to Avoid After Your Microneedling Procedure:**

- For at least 72 hours post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, or anything perceived as 'active' cleansers or exfoliating agents.
- No sunscreens for 72 hours after the treatment as the ingredients can be toxic to the treated area
- Restart your retinol and Vitamin C after one week.
- Avoid intentional and direct sunlight and tanning beds until redness is resolved.
- Do not go swimming for at least 72 hours post treatment
- No exercising or strenuous activity for the first 72 hours post treatment. Sweating and gym environments are harmful with bacteria and may cause adverse reactions

### **Post Treatment Instructions:**

- Use a soothing cleanser with tepid water to cleanse the face for the following 48 hours and dry gently. Cetaphil Gentle Cleanser is a great option and available at CVS, Walgreens, and Amazon.
- Apply RESCUE moisturizing gel twice daily for 48-72 hours
- Always make sure your hands are clean when touching the treated area.
- Do not apply any make up for 24 hours after the procedure.
- Apply a broad-spectrum UVA/UVB sunscreen with a SPF 30 or higher starting on day 3 after procedure
- To hydrate and restore the skin back to perfect balance and to keep collagen stimulation going, it is ideal to use products such as:
  - SkinBetter AlphaRet and SkinBetter Defense and Repair