



MINNIE STREET
AESTHETICS
MICRONEEDLING

PRE-TREATMENT ADVICE

- Schedule your microneedling treatment at least two (2) weeks **PRIOR** to a special event such as a wedding or a vacation to allow for complete healing.
- **RESCHEDULE** your appointment at least twenty-four (24) hours in advance if you find a rash, cold sore, or blemish in the treatment area.
- **AVOID** blood thinners (unless prescribed) ten (10) days prior to and four (4) day after your microbeedling treatment. Patients that bruise easily, or who take blood thinning medications/supplements may bruise more easily. Medications and supplements that may increase the risk of bruising include:
 - Aspirin (e.g. Excedrin®)
 - Ibuprophen (e.g. Advil®, Motrin®)
 - Naproxen (Aleve®, Naprosyn®)
 - Omega-3s
 - St John's Wort
 - Vitamin A & E
 - Gingko Biloba
 - Evening Primrose Oil
 - Garlic
 - Feverfew
 - Ginseng
 - Flax Oil & Fish Oil
- **DISCONTINUE** Retin-A (Tretinoin®), Retinol, and Glycolic Acid two (2) days before and two (2) days after treatment.
- Accutane® must be be **DISCONTINUED** twelve (12) months in advance of this treatment.
- **AVOID** sun exposure to the area being treated twenty-four (24) hours prior to your treatment. Microneedling **CANNOT** be performed on sunburned skin.
- **AVOID** alcohol twenty-four (24) hours before and following your appointment as alcohol can thin the blood and increase bruising.
- If you would like to minimize the risk of bruising after treatment, you may consider the use of SinEcch® (Arnica Montana). Usage depends on the formulation.
- You may not have been treated for **SKIN CANCER** in the desired treatment area.
- **SURGICAL SCARS** must have been healing for six (6) months prior to a microneedling treatment.
- **SHAVING IS ALLOWED** immediately before treatment.

ON THE MORNING OF YOUR TREATMENT:

- **WASH** the area to be treated vigorously with antibacterial soap.
- **DO NOT** use any lotions, creams, bath oils, or sprays on the areas to be treated.