# microneedling

## *CONTROLED INJURY, ON PURPOSE*

The SkinPen Precision Elite places **more than 1,600 controlled micro-injuries per second - roughly 3 million in a 30-minute treatment.** Your body answers every one of them by building new collagen and elastin, which is what improves texture, fine lines, pores, scarring, and tone. Because the surface layer stays largely intact, downtime is short, most people are pink for 1-3 days, like a mild sunburn.

### ONE WEEK BEFORE

- **No sun, tanning beds, or self-tanner.** Do not arrive with a sunburn or an active tan.
- Stop retinoids, retinol, glycolic and salicylic acids, and other exfoliating or active products.
- No waxing, peels, or laser on the treatment area.
- **If you are prone to cold sores, tell us** — you may need an antiviral started beforehand.

### TELL US BEFORE WE TREAT Some Mean We Reschedule

- An active skin infection, open wound, cold sore, cystic breakout, or irritated skin in the treatment area.
- **An allergy to stainless steel or to numbing agents.** The SkinPen needles are medical-grade stainless steel, and both are listed contraindications in the device's instructions for use.
- **Isotretinoin (Accutane)** as you need to have been off it for 6 months before we can consider microneedling. Tell us either way and we will talk through timing.
- A bleeding or clotting disorder, or a history of keloid or hypertrophic scarring.
- If you are pregnant or nursing, or have skin cancer in the treatment area.
- Any new medication, illness, or change since we last saw you.

### TWO TO THREE DAYS BEFORE

- If it is safe for you, avoid aspirin, NSAIDs such as ibuprofen, fish oil, vitamin E, and ginkgo as they all increase bruising.
- **Never stop a prescribed blood thinner** without clearing it with the doctor who prescribed it. We can treat you safely either way.
- Skip alcohol.

### ASK ABOUT YOUR ADD-ONS Decide Before the Day

Those 3 million channels are open for a short window, and what we place into them while they are open changes your result.

- **PDGF** – up to **300,000x the growth factor concentration of PRP or PRF.** It does far more than speed healing: it multiplies fibroblasts, slows the enzymes that break collagen down, and drives collagen building for months.
- **PDRN (polynucleotides)** — for repair, hydration, and skin quality.
- **PRFM** - made from your own blood, applied topically and injected into under-eyes and fine lines.
- **CO2 Lift Carboxy Mask** – our recovery favorite, for oxygenation and hydration as you heal. Book **Microneedling Complete** to have it done here: it adds 40 minutes so the mask can sit, **with a relaxing massage** while it does. You can also buy one to use at home.

Tell us at booking so we have it ready, rather than deciding in the chair.

### THE DAY OF

- Arrive with clean skin, no makeup, lotion, sunscreen, or perfume on the treatment area.
- Eat a normal meal and drink plenty of water beforehand.
- Plan to go home bare-faced. **No makeup for 24 hours afterward**, and expect to look sunburned that evening.