



REVIVE Microneedling Pre & Post Care

Pre-Care

- Avoid Vitamin E, fish oils, and Ginkgo Biloba for one week prior to treatment.
- Avoid ASA (Abbreviation on a medication that indicates it contains acetylsalicylic acid (Aspirin) 2 weeks before treatment. (Please consult with your physician first if you are on ASA therapy).
- Avoid anti-histamine and inflammatory drugs once week prior to treatment. These negate the effects of the procedure. The body's histamine and inflammatory responses are needed post procedure.
- Stop Laser Hair Removal, Electrolysis, Waxing, and Depilatory creams one week prior to treatment.
- Stop topical retinoids (tretinoin and retinoic acid (Retin-A, Renova, Refissa)) one week prior to treatment.
- If using Accutane, a 3-month waiting period after discontinuation of medication is required.
- Please notify our office if you have ever been diagnosed with Herpes Simplex Virus (HSV)- You may require prophylactic therapy.
- Please be sure to eat and be well hydrated prior to your appointment.

What to expect after your treatment:

- Immediate pinpoint bleeding may occur, which will resolve within 10 minutes.
- Minor redness and swelling may occur for 1-2 days.
- Minor peeling and flakiness may occur after a few days. Don't pick at the loose skin.
- Call our office if you experience excessive redness, swelling, pain or drainage as they might indicate an infection.

Post-Care

- The initial 72 hours post-procedure are the most critical.
- Day 1 (first 24 hrs) Keep skin moisturized to prevent water loss. Your face is considered an open wound. NO MAKEUP. Avoid direct sun and heat.
- Day 2 and 3 (24-72hrs) Makeup is ok to use. Continue with gentle products and frequent moisturizer application.
- After day 3, continue with hydrating and reparative products. Products rich in soothing and healing ingredients are best to encourage new, healthy cell growth. Peptides, antioxidants, stem cells, Vitamin A, C, and E, and growth factors work very well.
- Use physical sunscreen. Sun care products should be applied no less than every 30-90 minutes. DO NOT go outside without sun protection.
- Do not pick or scratch at any flaking skin.
- Keep exercise moderate for the first 3 days. Drink plenty of water.