



### Microneedling with or without PRP Instructions

#### Pre-Treatment Instructions & Precautions:

- Discontinue use of retinoids 24 hours prior to treatment.
- You should not have an active breakout, active cold sore, or open lesions. If this occurs your microneedling treatment should be rescheduled.
- Allow at least 24 hours after autoimmune therapies before having a microneedling treatment.
- Wait 6 months following isotretinoin (accutane) use.
- Wait at least: 48 hours before or after botox treatment, 1 week before or after any fillers, 1 month before or after any lasers, deep chemical peels, or microdermabrasion.

#### Post-Treatment Instructions & Precautions:

- Avoid makeup for 24 hours, until pinpoint channels have fully closed.
- Avoid heat and keep the skin cool during the first day of treatment.
- Avoid strenuous exercise for 24 hours post-procedure.
- Direct sun exposure should be avoided for 72 hours post-procedure.
- Avoid using scrubs or washcloths on your face until it has fully healed and back to normal.
- You may resume your normal skincare routine (avoiding scrubs) 5 days post-procedure.
- **Microneedling with PRP, it is recommended to keep the PRP on the skin for 12 hours.**
- Side Effects:
  - Skin will appear red with pinpoint bleeding/scabbing for approximately 48 hours.
  - Skin will appear dry/rough for 5-7 days post-procedure as pinpoint channels heal.
- After Care Regimen:
  - Day 1: Mild to moderate redness and swelling similar to a sunburn. No SPF or makeup
  - Day 2: Some persistent redness and swelling may be present. OK to apply SPF and makeup
  - Day 3: Most redness and swelling will be gone.
  - Day 4: Return to normal appearance.
  - Day 5: Return to normal skincare routine. (Avoid harsh scrubs)
  - Day 10: Can add harsh scrubs back into routine.

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email [info@seamistmedspa.com](mailto:info@seamistmedspa.com) with EMERGENCY DR. SIMPSON.