



Microneedling Instructions With or Without PRP or Exosomes

Pre-Treatment Instructions:

- Avoid sun exposure, tanning beds, and self-tanners for 2 weeks prior to the procedure. Use a broad-spectrum SPF 30+ sunscreen daily.
- Avoid using Retinol, Retin-A, Glycolic, Salicylic Acids, and other exfoliating agents for at least 3-5 days before treatment to reduce irritation.
- Do not use any aggressive facial treatments, such as chemical peels, for at least 2 weeks before your microneedling procedure.
- Discontinue the use of any products containing Vitamin A, or prescription medications like Accutane, for at least 6 months prior to treatment.
- Avoid Botox or fillers 2 weeks before treatment.
- Refrain from alcohol and blood-thinning medications (such as Aspirin, Ibuprofen, Vitamin E, and fish oil) for 3-5 days before treatment to minimize bruising and bleeding risks.
- If you have a history of cold sores, begin a prophylactic antiviral treatment (e.g., Valtrex) 24 hours prior to your appointment to reduce the risk of a breakout.
- Please arrive at your appointment makeup-free to ensure optimal results.
- If you have any active acne or skin irritation, it's essential to inform your provider as it may affect the treatment plan.
- Microneedling with PRP: it is recommended to come hydrated to your appointment for optimal PRP output

Post-Treatment Instructions:

- Avoid direct sun exposure for 2 weeks following the procedure. Use a broad-spectrum SPF 30+ or higher sunscreen daily, even indoors.
- Avoid heat for 48 hours after treatment. This includes hot showers, saunas, hot tubs, and vigorous exercise. Skin may appear red and feel warm or slightly sunburned for several hours after the procedure.
- Do not exfoliate the skin for at least 5 days following treatment. Avoid any harsh skincare products, including Glycolic, Salicylic, Retinol, and Vitamin C for the first 5 days.

- Avoid makeup for 24 hours after the procedure to prevent bacteria from entering the treated skin.
- Moisturize: Apply a gentle, soothing moisturizer regularly to keep the treated area hydrated.
- Avoid picking or scratching the treated area to prevent irritation or scarring.
- Avoid facial treatments, such as chemical peels, laser treatments, or strong exfoliants, for at least 2 weeks after microneedling.
- Sleep on your back with your head elevated for the first night to reduce swelling and prevent pressure on the treated area.
- Do not apply any makeup, retinoids, or active ingredients (e.g., AHA, BHA) for 24-48 hours post-treatment to allow the skin to heal properly.
- Hydration is key: Drink plenty of water in the days following treatment to support your skin's healing process.
- Microneedling with PRP or Exosomes: it is recommended to keep the PRP or Exosomes on the skin for 12 hours post treatment.

Side Effects:

- You may experience some redness and a sensation similar to a mild sunburn for 24-48 hours after the treatment.
- Some swelling and mild discomfort may occur, particularly in the treated areas. This is normal and should resolve within 48-72 hours.
- Dryness, tightness, or flaking of the skin may occur as the skin heals. Moisturizers will help manage this.
- Pinpoint bleeding is a possible side effect during the treatment. This is temporary and will resolve quickly.
- Bruising is rare but may occur in some individuals, especially those who are sensitive or have a tendency to bruise easily.
- Infection is extremely rare, but if you notice any signs of infection (such as warmth, swelling, pus, or increased redness) or experience prolonged pain, contact your provider immediately.

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