



MICRONEEDLING + PRP Pre & Post Care

*You shouldn't receive this treatment if you have been treated with Accutane or similar products in the last 12 months or have compromised skin quality in the area receiving the treatment.

Pre-Treatment

*No sun exposure to the face 24 hours prior to your treatment. Microneedling cannot be performed on sunburned skin.

AVOID anti-inflammatory, blood-thinning medications two weeks before treatment. Such as aspirin, ibuprofen, omega-3s, St. John's Wort, Vitamin E, Ginkgo Biloba, etc..

AVOID alcoholic beverages for 24 hours before your appointment. Alcohol can thin the blood and increase bruising.

You can start Arnica supplements a week prior to injection to help with post injection bruises. Arnica helps to speed up the fading away of bruises.

Treatment Day

Come to the appointment with a clean skin in the area receiving the treatment, no lotion. Cleansing products are available for your convenience, please arrive 10 minutes early if you need to wash your face.

What to Expect

Your skin will be numbed with a topical anesthetic before the microneedling treatment. Your blood will be drawn, extracting the PRP. Some patients may experience slight swelling and redness or pinkness in the treated areas. Pinpoint bleeding, bruising, redness, itching, swelling and/or soreness can occur in the PRP injection sites. Avoid washing or cleansing for the first 24 hours, as well as sweating or exposing the area to any heat (Gym or Saunas). Make up can be applied after 48 hours.

Aftercare

- Do not apply anything to the skin for 6-8 hours after treatment. This includes make-up, SPF and products of any kind.
- Avoid clothing, headbands, hats or scarves on the treated area. If clothing is to be worn over treatment area, we recommend cotton clothing that hasn't been treated with fabric softeners or dryer sheets.
- Redness and/or swelling is common and will resolve over time. Sleep with head elevated to help reduce swelling overnight.
- You may cleanse skin with a mild cleanser after 6-8 hours if needed but best to wait 24 hours to absorb the PRP.

DAY 1-3 After Treatment:

- Do not pick, peel, rub, scrub or irritate your skin in any way while it is healing, as this may cause scarring.
- Avoid heat, saunas, hot tubs and sweaty activity; this includes exercise of any kind.
- Do not use a Clarisonic or facial brush of any kind.
- Mineral make-up may be worn; however, we recommend leaving skin clean for this time period if possible.
- Still, use on mild cleanser at this time.

DAY 4+:

You may resume your regular skin care routine as long as peeling/flaking has subsided. Understand that you may or may not peel and each treatment may be different.

Please contact Cheeky Medspa at (907) 252-3198 if you have any questions, concerns, or compliments regarding your treatment.