



DR ESTHER GRUNAU, MD
MEDICAL AESTHETICS

SkinPen[®] Microneedling Treatment

BEFORE & AFTERCARE

BEFORE YOUR TREATMENT:

- Avoid prolonged sun exposure and/or tanning beds and self-tanning products for at least a week before your treatment.
- Avoid Aspirin, anti-inflammatory medications (such as Advil, Ibuprofen, Aleve), blood thinners including herbal supplements, Vitamin E, and Fish Oil for a few days prior to and on the day of microneedling to minimize your risk of bruising.
- Accutane should be discontinued for at least 6 months prior to and during the course of any microneedling treatments.
- We recommend following your medical grade skincare routine for 4 weeks prior to your treatment, to prepare your skin.
- If you have a history of cold sores, tell Dr. Grunau. Needle punctures could trigger an eruption, and prophylactic medications may be advised.

THE DAY OF YOUR TREATMENT:

- Eat a healthy meal and drink plenty of water the morning of your treatment.
- Wash and cleanse your face as you normally would. Do not apply anything to your face after cleansing, prior to your appointment.

AFTER YOUR TREATMENT:

Immediately after your SkinPen microneedling treatment your skin will be red, and may feel like a fresh sun or wind burn. Common and expected side effects include mild redness, dryness, and very mild localized swelling. Rarely, patients may notice tiny pinpoint scabbing the next day. The treated area(s) may become dry and flaky within 2-3 days.

- You will be sent home with a special gel to apply to your face after your treatment. **THIS IS THE ONLY PRODUCT YOU SHOULD APPLY FOR THE FIRST 24 HOURS.**
- Using **ONLY** cool water, you may gently cleanse and pat-dry your skin if desired.
- You will be sent home with a special rescue cream to apply to your face for the following 24 hours (or more).
- Do not apply active skin products such as Retinol, HQ/Brightening, AHA, Vit A/B, or other exfoliating products for 3 days or until the skin is fully healed.
- Allow dry skin to flake off naturally.
- Clean glasses frames, cellphone screens, and anything else that comes into direct contact with the treatment area. Use a fresh, clean pillow case the night of your treatment.
- No sunscreen or makeup for 24 hours after treatment.
- Avoid rigorous exercise, sun exposure, jacuzzis, saunas/steam for 24 hours.
- Tylenol may be taken as directed for discomfort anytime, Advil may be taken the next day.
- Cool compresses may be used every 1-2 hours for 3-5 mins at a time, if desired.

MICRONEEDLING WITH PRP INSTRUCTIONS CONTINUE ON THE NEXT PAGE...

Text/call: 604-830-8395 info@dresthergrunau.com www.dresthergrunau.com



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PRP SkinPen[®] Microneedling Treatment

BEFORE & AFTERCARE

Follow all of the pre and post-care instructions on the previous page for microneedling.

Your blood will be drawn, spun and prepared for your platelet rich plasma (PRP) to complement and enhance your microneedling treatment. These are additional instructions to prepare your blood and optimize your PRP therapy.

7 days before and 7 days after your treatment:

- Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids, and multivitamins.
- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other over-the-counter anti-inflammatory medications. You may use Tylenol (acetaminophen) as needed, before and after your treatment.
- Prescription medications should be taken as prescribed right up to, and including, the day of and the day after your treatment. But if you are taking any prescription blood thinners, you are not a candidate for PRP treatment.

3 days before and 3 days after your treatment:

- Avoid alcohol and smoking

The day before, the day of, and the day after your treatment:

- Increase your fluid intake

You may have a small bruise at the site of the blood draw, which will typically resolve within a few days.