**ITHACA MEDICAL AESTHETICS**

Refresh \* Restore \* Rejuvenate

**Dana Gabriela Negoi, Physician, PLLC 107 N. Cayuga St., Ste 7 (607) 603-7002**

**Pre & Post Care Information for Microneedling**

**It is important that you read this information carefully and completely.**

**To the patient:**

Being fully informed about your condition and treatment will help you make the decision whether or not to undergo Microneedling treatment. This disclosure is not to alarm you but to better inform you so that you may have the best experience and results

**If you are prone to cold sores, take an antiviral agent for 2 days prior to the day of your microneedling treatment.**

### Do Not:

* ***Do not:***Use topical agents that may irritate your skin such as Retinol, Retin-A, exfoliants like glycolic acid, and topical antibiotics or other acids 5-7 days prior to your treatment
* ***Do not:***Use auto-immune therapies or products 24 hours prior to your microneedling treatment
* ***Do not:***Expose the treatment area to prolonged UV (sun rays)24 hours prior to your treatment. A Microneedling treatment will not be administered to sunburned skin
* ***Do not:*** Apply makeup on the day of treatment
* ***Do not:*** Take blood thinners or other medications such as aspirin, Motrin, or Naprosyn for at least 3 days before your treatment. If you are on such medications, please consult your primary care physician prior to stopping or scheduling your treatment
* ***Do not:*** Schedule Botox or Filler treatment at least two weeks before your Microneedling session
* ***Do not:*** Schedule a treatment if you have a significant skin breakout before treatment, please consult your practitioner if so
* ***Do not:*** Shave the treatment area on the day of the procedure. If there’s dense hair in the treatment area, you should shave the area the day before you arrive for your appointment
* ***Do not:*** Schedule a Microneedling treatment if you have had treatment with oral Isotretinoin within the past 6 months
* ***Do not:*** Use Accutane in the six months prior to beginning your microneedling treatment sessions
* ***Do not:*** Take anti-inflammatory medications such as ibuprofen, Motrin, or Advil for at least 3 days prior to your Microneedling session. This group of medications will interfere with the natural inflammatory process that is critical for your skin rejuvenation
* ***Do not:*** Schedule a Microneedling session if you have had IPL/Laser procedures, unprotected sun exposure, or sunburn for at least 2 weeks prior to your procedure
* ***Do not:*** Wax, use hair removal creams, or electrolysis on the area being treated for 5-7 before your procedure

## Microneedling After Care Instructions

### What are the Do's:

* ***Do:*** Use tepid water for the first 24 hours to rinse the treated area
* ***Do:*** Use a gentle cleanser after 24 hours to cleanse your face for the following three days and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area
* ***Do:*** Apply the Skin moisturizer of your choice over the next 24 hours
* ***Do:*** Apply a broad-spectrum UVA/UVB sunscreen after the first 24 hours, with a minimum SPF 30 for two weeks. A chemical-free sunscreen is highly recommended
* ***Do:*** Take any anti-inflammatory medicines such as Motrin Naprosyn …. for at least 2 weeks post microneedling treatment
* ***Do:*** Use makeup or sunscreen for 24 hours after the procedure. Do not apply any makeup with a makeup brush, especially if it is not clean

## What to Avoid: Do Not:

* ***Do not:*** Use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as ‘active’ skincare for three days
* ***Do not:*** Use tanning beds and avoid direct sunlight for about two days
* ***Do not:*** Use swimming pools for at least two days microneedling post-treatment
* ***Do not:*** Exercise or have strenuous activity for the first 24 hours post-treatment. Sweating and gym environments must be avoided during the first three days after your treatment

### Other Notes

* It is **normal** for your skin may feel warmer and tighter than usual right after your treatment, you may look and feel as though you have had a sunburn
* It is **normal** to feel slight swelling of the face, it should subside after 1 to 2 hours and will normally resolve within 24 hours
* It is **normal** to see slight redness after 24 hours but only in very small areas or spots
* **If you are concerned** about any reactions, please call our office

**Please call our office if you have any questions or concerns, or you think you might have developed undesired side effects of filler injection. We would like to know about such events as soon as possible.  If you require additional filler there will be an additional charge for the product.  Please contact our office to schedule an appointment.**

A copy will be made for you to take home and original for Doctors chart.

**All services and products are non-refundable.** I have read the above and understand My questions have been answered satisfactorily by Dana Gabriela Negoi, Physician, PLLC. Dana Gabriela Negoi, PLLC**.**  I accept the risks and complications of the procedure.

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Witness Name (Print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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