

# B.TOX.BAR.

## Microneedling Pre & Post Treatment Instructions

### About Microneedling

Microneedling is a minimally invasive procedure that is used to stimulate collagen and address multiple skin concerns such as scarring, fine lines and can improve overall texture and brightness of the skin. Treatments can be repeated every 4-12 weeks.

### Before Your Treatment

- Avoid agents that increase risk of bruising 2-4 weeks prior to treatment and 2 days after:
- Aspirin, ibuprofen (Advil, Aleve, Motrin, Naprosyn), Excedrin, St. John's wort, Vitamin E, fish oil, omega-3s, ginkgo biloba, ginseng.
- Do NOT stop any medications that were prescribed by your doctor and medically necessary to take.
- Discontinue any topical retinoids/retinols 3 days prior to treatment.
- Avoid drinking alcohol 24 hours before your treatment to minimize the risk of bruising.
- To minimize bruising take arnica or bromelain up to 1 week prior to and 1 week after treatment or until the bruising fades.
- Let us know if you have a history of developing cold sores/fever blisters so we may prescribe medication to help prevent an outbreak.
- Plan for this procedure at least 14 days before any special events or functions.

### What to Expect After Treatment

- Redness and pinpoint bruising after treatment is expected.
- Redness and dryness are expected and resolve in 3-7 days.
- Wash your face two times a day with gentle cleansers (e.g. CeraVe, Cetaphil, Dove Sensitive Skin, or other cleansers recommended by your provider).
- Apply sunblock with zinc oxide or titanium dioxide daily (SPF 30 - SPF 50, e.g. Elta MD UV Clear). Reapply every 2 hours if you are out in the sun. It is best to wear hats when possible.
- Restart any retinoids ~ 7 days after your treatment. You can also restart your normal skincare routine at that time.
- Multiple treatments are needed to achieve maximum results.
- Avoid vigorous exercise for 48 hours after treatment.