

Strimling DermaSpa ReNu Micro Needling Pre and Post Care

Micro needling utilizes a hand-held skin needling device to create multiple, tiny, superficial micro-channel wounds in the skin.

Micro needling improves wrinkles, scars, stretch marks and overall skin appearance by stimulating new collagen formation.

Beauty promoting / age-defying topical skin care products or platelet rich plasma (PRP) is also absorbed more effectively.

Micro needling is often combined with topically applied autologous (i.e. your own) platelet rich plasma (PRP).

Our natural and healthy ReNu PRP Facial (Micro needling + your own PRP) is one our most popular beauty enhancing procedures.

Contraindications include: pregnancy, actively infected or significantly inflamed skin in the area/s of treatment and/or presence of any chronic infectious blood borne disease, such as HIV / AIDS or hepatitis. Other or relative contraindications include:

any reason to be prone to significant bruising, infection or poor healing. Alternatives to micro needling include peels and lasers.

Risks include, but are not limited to: temporary needle marks, redness, swelling, bruising, itching / pain, discolorations and/or scarring.

PRE-TREATMENT INSTRUCTIONS:

1. Sun exposure and/or usage of a tanning bed, including self-tanning products must be avoided for a minimum of 24 hours before and after the treatment, and preferably for 1 week to minimize risk of post-treatment temporary dyspigmentation (darkening or lightening of the skin). A micro needling treatment will not be administered on sunburned skin.
2. Bruising is an uncommon possibility with needling. Avoid aspirin, anti-inflammatory medications (i.e. ibuprofen), blood thinners, herbal supplements, vitamin E and fish oil for at least one week prior to and the day of micro needling to minimize bruising risk. You may restart these the day following micro needling. Any bruising that may occur may be covered with makeup as needed.
3. Area to be treated must be clean, and free of any lotion, makeup, and sunscreen. Please wash off completely prior to treatment.
4. Accutane should be discontinued for a period of at least 6 months prior to and during any course of receiving treatment.
5. Retin-A, Renova, Tazorac and similar retinoids should be avoided for 1 week prior and after treatment until well healed.
6. No area/s to be treated should receive any type of chemical or laser peel for 2 weeks prior and after treatment.
7. Waxing and/or use of chemical depilatories should be avoided for 2 weeks prior and after treatment. Shaving is allowed immediately before treatment and 48-72 hours after treatment as long as there is no skin irritation.
8. Notify the provider of any tattoos, including cosmetic tattooing, in the area to be treated as tattoos are usually avoided.
9. If you have a history of cold sores, we may recommend prophylactic oral antiviral therapy in the form of Valtrex or Famvir. If so, follow the directions of your prescription. (Usually, Famvir / Valtrex 500 mg orally twice daily for 7 days.)
10. During the course of your treatments, notify our staff of any relevant changes to your medical / health status.

POST-TREATMENT INSTRUCTIONS

1. **A sunburn-like effect is normal for 1-3 days.** Usually, you look and feel variably sunburned after the treatment. The skin may feel tight, dry, swollen, and sensitive to the touch. The treated area/s may darken and flake away within 1 week. Avoid picking or exfoliating the area and allow old / dry / dead skin to flake off naturally.
2. **After Care Products and Regimen:** After micro needling, we commonly apply collagen boosting PRP or hyaluronic acid serum. We may also apply a topical antibiotic ointment or other soothing / healing ointment (e.g. Aquafor, Vaniply) thereafter. Starting on the evening of the treatment, wash your face gently with a mild cleanser (e.g. Aquanil) twice daily followed by application of hyaluronic acid and/or Neocutis MPC containing Micro Serum / Creams (that nourishes new collagen) and then, Aquafor healing ointment or antibiotic ointment as needed. Avoid makeup for at least 24 hours or up to a few days until relatively healed. You may return to your regular skin care routine when healed.
3. **Sun exposure must be avoided until healed (i.e. any skin redness and/or flaking away of skin is no longer present).** We recommend avoidance of the sun in all treated area/s, a protective hat and full spectrum sun block of SPF 30 or higher.
4. Do not use exfoliating medications, chemicals, or non recommended products on the treated areas for at least 1 week.
5. Avoid exercise that causes sweating, Jacuzzi, sauna, or steam baths if any skin inflammation exists.
6. Advil or Tylenol may be taken as necessary for discomfort. Ice packs may be used if desired to minimize swelling.
7. Sleep on your back with your head elevated slightly to reduce swelling for up to the first several days, as needed.
8. For best results and efficacy, we recommend a series of 3 to 6 treatments administered at 2-4 week intervals. You may notice immediate as well as longer term improvements in your skin.

Clinical Photography: I also give my consent to be photographed or filmed. These photos and / or videos will belong to Strimling Dermatology and may be used for marketing, medical, documentation, educational and scientific purposes, unless you retract this consent via certified letter.

Certification of Consent to Proceed with Treatment: I understand that this treatment involves risks of complications, that I am willing to accept all risks associated with this procedure and I freely assume those risks. I certify that all my questions have been addressed / answered to my satisfaction, that I have read this entire consent, and that I understand and agree to the information herein. I accept all risks associated with skin micro needling and elect to proceed with treatment today as well as future and ongoing treatments.

Patient Name (Print)

Patient / Guardian Signature

Date

Provider Name (Print)

Provider Signature

Date

If you have any questions or concerns, please contact us as soon as possible at 702-243-6400

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