



# C A R E

CENTER *for*  
ADVANCED  
REJUVENATION &  
ESTHETICS®

## PRE PROCEDURE INSTRUCTIONS

- Discontinue the use of Retin A, Retinols, Vitamin A creams and other topical medications 7 days before your microneedling treatment.
- Avoid alcohol, caffeine, and cigarettes 3 days BEFORE and AFTER your treatment.
- Smokers do not heal well due to lower blood flow, and more PRF will be needed to revascularize these tissues
- Avoid medicines or supplements that delay clotting such as aspirin, Motrin, ibuprofen, Aleve (all nonsteroidal antiinflammatory agents), ginkgo biloba, garlic, flax oil, cod liver oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week prior to and after your treatment. Remember We are creating inflammation and need platelets to clot effectively. Use Tylenol if needed.
- Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
- Avoid excessive sun or heat exposure at least 3 days prior to appointment.
- Avoid tanning beds for at least 2 weeks prior to treatment.
- Avoid wearing ANY makeup on the day of your appointment. We will likely be microneedling and we do not want to send makeup/chemicals into the skin.
- Increase your intake of fluid the day before your procedure by simply drinking 2 glasses of water in the morning, 2 glasses at lunch, and 2 glasses at dinner, in addition to your normal intake of water. Drink A LOT of water on the day of your appointment. Drink a full bottle of water (500 mL) at least 2 hours before your session
- .Avoid eating 2 hours before your session.
- If you have a history of HSV infections (oral cold sores), you will be required to take antiviral medication (valacyclovir, acyclovir) 2 days prior to treatment and 3 days after. Please notify any of the staff.

### **What to wear for your appointment:**

- Microneedling w/PRF or Hair Growth treatments: Please be aware that your your clothes may get stained (wear your least favorite).
- During all other procedures we will provide you with a garment to use during your treatment. This will keep your clothes clean and provide us with the optimum work environment for effective treatment.