



Microneedling Pre & Post Treatment Instructions

Pre Treatment Instructions

- Avoid the following for 1 week to prevent bruising: Vitamin E, fish oil, ginkgo biloba, NSAIDS, aspirin. (if your doctor has directed you to take aspirin, continue your dose).
- Avoid antihistamines and anti-inflammatory meds as these may negate the treatment. The body's histamine response and inflammatory responses are needed post treatment.
- Stop using retinoids (tretinoin, Retin A, Renova, Tri Luma, etc.) 1 week prior to treatment.
- Stop laser procedures, electrolysis, waxing and depilatory creams 1 week prior to treatment.
- You must be off Accutane for at least 3 months before the treatment.
- If you have a history of cold sores or fever blisters, you will need to start prophylactic anti-viral meds such as Acyclovir, Valtrex, etc. at least 24 hours before treatment.

During Treatment

- Immediate, pinpoint bleeding may occur, which will resolve within a few minutes.
- Minor redness and swelling will occur for 2-3 days.
- Minor peeling and flakiness may occur after a few days. Do not pick at the loose skin.
- Call Sculpt Away if you experience excessive redness, swelling, pain or drainage as they might indicate an infection.

Post Treatment Instructions

- Avoid sun and heat.
- Continue to avoid use of Alpha hydroxyl, retinoids, salicylic acid, lactic acid or hydroquinone for 1 week. You may ask your Sculpt Away provider specific questions.
- Apply a hydrating and reparative topical product such as Sculpt Away firm + repair if you treated the body or as prescribed by your Sculpt Away provider for your face. Products like this are rich in soothing and healing ingredients and encourage new, healthy cell growth.
- Apply SPF 30+.

Cancellation Policy- I agree to confirm my appointment with Sculpt Away two (2) days prior to my appointment. If for any reason I am unable to make my appointment at Sculpt Away, I agree to contact Sculpt Away no later than 3PM the day prior to my appointment. I further understand that if I do not comply with this policy, I will owe a \$35 missed appointment fee and I agree to this policy. I understand that if I arrive more than 15 minutes late for my appointment I may be required to reschedule in order to avoid disrupting the appointments of other patients.