

Pre and Post-Op Instructions for Microneedling With or Without PRP

Most people have heard of [microneedling](#): a minimally invasive cosmetic procedure using fine needles to stimulate collagen production by creating “mico-injuries” to your skin’s surface. It is used to treat fine lines and wrinkles, decrease pore size, minimize the appearance of acne scars, and improve the overall texture of your skin. Often, patients choose to combine microneedling with PRP (platelet-rich plasma) to enhance results further. PRP contains growth factors that help increase healing and cellular regeneration.

[Beverly Hills Plastic Surgery](#) is committed to ensuring every microneedling treatment is safe, effective, and comfortable. By following preparation and aftercare guidelines, you’re helping to ensure that your skin is healthy and in the best possible condition so that we can provide you with the best possible results.

Preparing for Your Microneedling With or Without PRP Session

Two or More Weeks Before Your Treatment

Acne medications, both topical and oral, can make your skin more sensitive, so you may need to discontinue use for a few months before undergoing a microneedling treatment.

Wearing sunscreen on your face is always a must, but it is especially important to be diligent about it during the weeks leading up to your appointment. Sun exposure can make your skin more susceptible to irritation during the procedure.

Do not undergo any other cosmetic treatments like BOTOX® Cosmetic, chemical peels, facials, or laser treatments. Letting your skin rest between treatments helps ensure a better microneedling result. Allow four weeks before microneedling for fillers to settle into place.

One Week Before Your Treatment

You should discontinue using certain types of skincare products for at least a week prior to your appointment. Retinoids and topical acne treatments (like azelaic acid) may cause your skin to be irritated by the microneedling procedure.

Avoid exfoliators, both chemical and physical, as well as dermaplaning for at least a week before your treatment. This includes products containing salicylic or glycolic acid, which may cause your skin to be sensitive or overdry.

24 to 48 Hours Before Your Treatment

Keep out of direct sunlight for at least 24 hours before your treatment unless you wear strong sun protection. This includes using tanning beds, as sun exposure may cause skin irritation during your procedure.

If you take blood-thinning medication, you may need to stop using it temporarily for one to three days prior to your microneedling appointment. However, please consult your doctor before stopping any prescription medications.

Avoid NSAID pain relievers, as they are designed to inhibit blood clotting and may interfere with the healing process.

If you are prone to cold sores, take an antiviral medication 48 hours before and on the day of your appointment.

Appointment Day

On the day of your microneedling appointment, arrive with a clean face. Use a gentle cleanser on your skin, and do not apply any products to your face after washing.

If you typically have sensitive skin, you may take acetaminophen about one hour before your microneedling session to help minimize any potential discomfort during treatment. You may also request a topical numbing cream before your procedure to further ensure your comfort.

Post-Microneedling and PRP Treatment Care

Immediately after your microneedling treatment, your skin will be flushed and red, as if sunburned. Your skin may also feel tight and sensitive to the touch. The redness will diminish quickly and back to its normal color within 24 hours. If you have microneedling done around your eyes, you may notice minor bruising that will last for about three or four days.

If you notice any blistering, pimples, cuts, sores, bleeding, crusty or raw skin, scabs, increased pain or discomfort, lighter or darker pigment changes, or other concerns, contact us as soon as possible.

The key to a successful microneedling treatment is gentle care of your skin as it heals. The process activates your skin's natural inflammatory response, which stimulates the production of collagen and elastin, firming and smoothing your skin.

24 to 48 Hours After Treatment

Use a mild cleanser on your skin after your treatment, and lightly pat dry with a clean towel. Do not use any physical or chemical exfoliant for at least a week following your session.

Microneedling accelerates the turnover of your skin cells, and you may notice dry or flaky patches on your face. If your skin feels tight or flaky, apply a light hydrating moisturizer - but avoid any with acids, retinoids, or other ingredients that may irritate your skin.

Be sure to apply (and reapply) sunscreen daily to protect your skin as it heals.

If you need pain relief after your microneedling session, choose **TYLENOL®** (acetaminophen) and avoid NSAIDs. Because NSAIDs are anti-inflammatory, they suppress the inflammatory response critical to skin rejuvenation.

To minimize blistering, avoid activities that cause your skin to heat up, such as strenuous exercise or taking hot showers or baths.

First Week of Healing

Keep your skin clean and avoid exposing your face to heat or sunlight.

Apply moisturizer at least once a day; more if needed. Continue to avoid exfoliants, as well as toners and retinoids. You may apply a vitamin C serum daily to encourage healing and decrease pigmentation.

Sunscreen is vital to every skin care regimen, especially after microneedling. Be diligent about applying sunscreen with UVA and UVB protection, with an SPF of at least 30. Apply

sunscreen 20 minutes prior to going outside, reapplying every two hours if needed. Wear a hat to further protect your skin from direct sun exposure.

A week after your microneedling session, you should begin to notice smoother, more radiant skin.

Microneedling in Beverly Hills

With careful preparation and diligent aftercare, you'll enjoy a smoother healing process and be on your way to a radiant glow in no time. If you want to discover more about microneedling or find out if you're a good candidate for the treatment, contact the experts at Beverly Hills Plastic Surgery today by calling **310-888-8087** or filling out our [online contact form](#).