

THE MAXIM CLINIC

AESTHETICS & WELLNESS

MICRONEEDLING PRE- TREATMENT PREPARATION:

Microneedling is a minimally invasive cosmetic procedure that uses fine needles to stimulate collagen and elastin production, improving skin texture, tone, and appearance. The following below may or may not apply to you for pre-treatment instructions but please take the following into consideration if your provider discussed or highlighted any during your consultation.

1. HYDRATE: Hydrate your skin with a barrier repairing moisturizer morning and evening. Drink at least 8 glasses of water per day to completely stay on track with hydration and optimize treatment results.
2. Antiviral Medications: You may be provided with a prescription (If you do not already have one) for Prophylaxis, to begin 1-2 days prior to the procedure if you have a history of Herpes Simplex or Herpes Zoster (cold sores or shingles) to avoid triggering an outbreak.
3. Topical Retinoids, Exfoliants, Vit C: ANY topical retinoid or exfoliant (AHA/BHA) should be discontinued 3-4 days prior to Microneedling Treatment. Also discontinue any irritant topical agents such as Vitamin C for 2-3 days prior to treatment.
4. Tanning beds: Tanning, Tanning bed, self-tanning lotions and spray tanning should be avoided 7-10 days prior to treatment.
5. Sunscreen: Avoid any prolonged direct sun exposure to the sun. If you must be in the sun, use Zinc Oxide sunscreen with at least an SPF 30+. (Physical not Chemical) This may leave a white cast; you can mix in with a toner or moisturizer for better absorption on the skin.
6. Clean Skin for the Win: The treatment area will be thoroughly cleaned before the application of the numbing agent; however, it is best to arrive at your appointment free of makeup, deodorants, lotions, and oils to facilitate the treatment.
7. Just One will Not Get the Job Done! Multiple treatments (3-6) every 4-6 weeks will be required to achieve desired results/ You may notice immediate results after one session, but not long term and optimal goals.
8. Melanin Inhibitors: For deeper skin tones, a prescription or compounded bleaching regiment may be prescribed by provider prior to Microneedling treatments. This MUST be used 3-4 weeks before you begin your Microneedling journey.

If any questions or concerns occur before your treatment, please contact the office!