

Micro-needling Instructions and Platelet Rich Plasma (PRP)

Micro-needling is a milder alternative to resurfacing aimed at stimulating the body's own collagen production. It can help reduce the appearance of fine lines and wrinkles, skin laxity, acne scarring, and minimize pore size. It is ideal for patients who want rejuvenation but do not want laser treatments. It can be safer than lasers in darker skin types. The process of micro-needling can also help to improve brown spots and melasma. Treatment areas include: face, neck, chest, hands, stretch marks and scars.

PRP can optionally be used after micro-needling for additional collagen stimulation and to reduce healing times. PRP contains growth factors that stimulate cell repair and regeneration, and promote healing. It is also used to stimulate hair regrowth for individuals experiencing hair loss. See the PRP handout for additional information.

Before your Micro-needling treatment:

1. Sun Exposure: Avoid for 1 week prior to treatment.
2. Medications:
 - a. Stop any ibuprofen based medications such as Advil and Motrin 3 days prior as they may interfere with the natural healing process.
 - b. Bruising is common so it will be helpful to avoid aspirin, vitamin E, and fish oil supplements 1 week prior.
 - c. Avoid isotretinoin (Accutane) for 6 months prior to treatment
 - d. Discontinue topical retinoid products, glycolic acid agents, benzoyl peroxide and any other skin irritants for 7 days prior.
3. Medical Conditions: Please inform us if you have a history of:
 - a. Cold Sore Breakouts (Herpes Simplex) - we prescribe you medication to help prevent this from occurring
 - b. Active Infections, Immunosuppression, Lupus, or Vitiligo
 - c. Taking Blood Thinners
4. Contraindications: Pregnancy, actively infected or inflamed skin, cystic acne in the area being treated, keloid scarring, sunburn, HIV and Hepatitis C.
5. On the day of the treatment, please come with a clean face, wearing no makeup. You may wash your face in the office.
6. Numbing: apply numbing cream 30-45 minutes prior to appointment. Available for advance pickup in office.

After your Micro-needling treatment:

1. Day 1-3: Your skin will feel dry, tight and you may notice skin flaking. There may be bruising. After treatment, gently cleanse and moisturize, using one of these two options:
 - a. Ladera Derm recommendation: Gently wash with LaderaDerm Elite Ultra Gentle Cleanser, and moisturize with Skin Medica HA5 Rejuvenating Hydrator
 - b. Over-the-Counter alternative: Gently wash with Cetaphil Gentle Cleanser, and moisturize with Neutrogena Hydro Boost gel-cream
2. You may resume your regular products, including Retin-A, after 5 days.
3. Medications: Avoid Ibuprofen the day of the treatment. Tylenol is okay to take for soreness.
4. Exercise and Swimming/Hot Tubs: It will take 24 hours for the micro-needling channels to close. It is important to avoid strenuous activity that can cause sweating and saunas/steam baths/hot tubs for 48 hours.
5. Makeup: You can reapply your makeup after 48 hours.
6. Sun Exposure: Continue your daily sunscreen and avoid harsh sun exposure for 5 days. If you must be outside for an extended period, wear a hat.

Pricing: Treatment Recommendation – 4 monthly treatments are recommended for best results. For more severe scarring, you may need 6-8 treatments. Periodic maintenance is advised.

- Micro-needling: \$375 per treatment
- Micro-needling plus PRP: \$675 per treatment



Skin Rejuvenation and Wrinkle Reduction

The GentleMax Pro laser can be used to quickly and efficiently tighten and firm the contours of the face. It is a **no downtime** procedure that can be done monthly to safely and effectively address wrinkles and folds. Immediately post treatment, many patients notice an instant tightening of the skin which makes it ideal for same day of event treatments.

Before your Skin Rejuvenation Treatment:

1. Sun Exposure: Avoid 4 weeks prior to treatment.
 - a. Darker Skin Types or tanned skinned may be asked to pretreat with a bleaching regimen 4 weeks prior.
 - b. Self Tanning Products: Discontinue 2 weeks prior to treatment.
2. Medications:
 - a. Avoid isotretinoin (Accutane) for 6 months prior to treatment.
 - b. Discontinue topical retinoid products, glycolic acid agents, benzoyl peroxide and any other skin irritants for 7 days prior.
3. Medical Conditions: Please inform us if you have a history of:
 - a. Cold Sore Breakouts (Herpes Simplex) - we prescribe you medication to help prevent this from occurring
 - b. Active Infections
4. Contraindications: Pregnancy, actively infected or inflamed skin, sunburn.
5. On the day of the treatment, please come with a clean face, wearing no makeup. You may wash your face in the office. No numbing is needed for this procedure.

After your Skin Rejuvenation Treatment:

1. Immediately post treatment there will be mild swelling and redness that may last 2 hours or longer. The redness sometimes lasts 2-3 days. The skin will feel pleasantly warm after treatment.
2. Ice packs will be given to help cool your skin.
3. Makeup may be applied after the treatment as long as your skin is not irritated.
4. The night following the treatment, use a gentle cleaner and moisturizer. You may resume your normal skin care routine the next day.
5. Avoid sun exposure and apply sunscreen the day of the treatment.

Pricing: 4 to 5 monthly treatments are recommended. For best results, periodic maintenance is necessary. Many sites can be treated such as the face, neck, hands, and chest. Please ask your doctor for suggestions.

- 1 site - \$450/treatment
- 2 sites - \$600/treatment
- 3 sites - \$800/treatment
- 4 sites - \$900/treatment

