

Microneedling Clinical Patient Guide

Pre- & Post-Treatment Protocol for All Fitzpatrick Types

Microneedling (Collagen Induction Therapy) creates controlled micro-channels to trigger your body's natural repair response. By incorporating advanced boosters, we optimize the healing environment for superior structural results and minimal downtime.

1. Pre-Treatment: Clinical Priming

- **7 Days Prior:** Discontinue all **Vitamin A derivatives** (Retinol, Tretinoin, Retin-A) and **Exfoliating Acids**(Glycolic, Salicylic).
- **3 Days Prior:** Avoid anti-inflammatory medications (Advil, Motrin) and blood-thinning supplements (Fish Oil, Vitamin E) to minimize bruising.
- **Fitzpatrick IV–VI:** Use your prescribed **Pigment Inhibitor** daily for 2 weeks prior to treatment to stabilize melanocyte activity and prevent dark spots (PIH).

2. Advanced Regenerative Add-Ons

We utilize sterile, medical-grade topicals to "bio-hack" your recovery. **Patients using these boosters typically experience a significant reduction in post-procedure redness.**

- **Exosomes:** Messenger vesicles that signal immediate cellular repair. They are the gold standard for reducing heat and "fire" in the skin post-treatment.
- **GHK-Cu (Copper Peptides):** Promotes healthy collagen remodeling and calms the inflammatory response.
- **PDGF (Growth Factors):** Recruits repair cells to the site to maximize skin tightening and thickening.

3. Post-Treatment: The Recovery Window

- **First 24 Hours:** Use **lukewarm water only** to rinse the skin. Do not use cleansers, makeup, or sunscreens. Use a fresh pillowcase tonight.
- **48-Hour Restrictions:** Avoid heavy exercise, saunas, and hot showers. Sweat and bacteria can irritate open micro-channels.
- **Sun Protection:** Absolute sun avoidance for the first 24 hours. Thereafter, a **mineral (Zinc-based) SPF 30+** is mandatory daily.

4. Re-Introducing Your Skincare Actives

Applying potent ingredients too early can cause "granulomas" or severe irritation while the skin barrier is vulnerable. Please follow this schedule:

Timeline	Allowed Ingredients	What to Avoid
Days 1–3	Hyaluronic Acid, Ceramides, Peptides, Panthenol (B5).	Everything else.
Day 5	Vitamin C (Antioxidants).	Retinoids and Acids.
Day 7	Retinol / Tretinoin.	Strong chemical peels.
Day 10	Exfoliating Acids (AHAs/BHAs).	N/A

Note: If your skin still feels sandpaper-like or sensitive on Day 7, wait an additional 48 hours before resuming retinoids.

5. Healing Timeline Expectations

- **Days 1–2:** Redness and tightness (similar to a sunburn). If you received **Exosomes**, redness may resolve up to 50% faster.
 - **Days 3–5:** Possible "sandpaper" texture or light flaking. **Do not scrub or pick.**
 - **Week 2-4:** The "Glow" phase. Collagen synthesis is peaking; skin appears brighter and more even.
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