

Pre-Care Instructions for PDGF Microneedling Treatment

Platelet-Derived Growth Factor (PDGF-BB) Microneedling | Patient Preparation Guide

Preparing properly for your **PDGF microneedling treatment** is essential to ensure optimal results, faster healing, and a safe experience. This pre-care handout explains how to prepare your skin and body before treatment with **recombinant human Platelet-Derived Growth Factor-BB (rhPDGF-BB)** combined with microneedling.

What Is PDGF Microneedling?

PDGF-BB microneedling combines an FDA-cleared microneedling device with **platelet-derived growth factor**, a naturally occurring wound-healing protein. Microneedling creates controlled micro-channels in the skin, activating the body's wound-healing cascade. When **rhPDGF-BB** is applied during or after microneedling, it helps stimulate stem cells, collagen production, and tissue regeneration for healthier, more vibrant skin.

This treatment is commonly used to improve:

- Fine lines and wrinkles
 - Skin texture and tone
 - Acne scars
 - Sun damage
 - Overall skin rejuvenation
-

Who Is a Good Candidate for PDGF Microneedling?

You may be a candidate for PDGF microneedling if you are generally healthy and seeking natural skin rejuvenation. A full medical history and skin assessment will be completed prior to treatment.

You may *not* be treated if you have:

- Active skin infections
- Active herpes (cold sores) in the treatment area

- Known cancer or neoplasm at the treatment site
- Are pregnant or breastfeeding

Please disclose all medical conditions, medications, and supplements during your consultation.

PDGF Microneedling Pre-Care Instructions

Following these **pre-treatment instructions** helps reduce the risk of complications and improves healing and results.

7 Days Before Treatment

- Avoid **retinoids, tretinoin, retinol, adapalene, and exfoliating acids** (glycolic, salicylic, lactic).
- Discontinue **chemical peels, laser treatments, waxing, or aggressive exfoliation** in the treatment area.
- Avoid excessive sun exposure and tanning beds.

3–5 Days Before Treatment

- Avoid **anti-inflammatory medications** such as ibuprofen, naproxen, or aspirin unless medically necessary.
- Avoid alcohol intake to reduce bruising and inflammation.
- Stay well-hydrated and maintain a healthy diet.

Day of Treatment

- Do not apply makeup, self-tanner, or heavy skincare products to the treatment area.
 - Avoid vigorous exercise that may increase skin sensitivity.
 - Arrive with **clean, product-free skin**.
-

Medications & Supplements

Please inform your provider if you take:

- Blood thinners
- Immune-suppressing medications
- Herbal supplements such as fish oil, St. Johns Wart, etc...

Your provider will advise if any medications or supplements should be paused prior to treatment.

What to Expect on Treatment Day

- A medical professional will review your medical history and obtain informed consent.
- The treatment area will be cleansed using an appropriate antiseptic.
- A topical numbing agent may be applied if needed.
- Microneedling will be performed using sterile, single-use needles.
- **PDGF-BB**, often combined with hyaluronic acid for glide, will be applied during or after microneedling.

The procedure is performed in a professional, clean, and safe medical environment following OSHA and universal precautions.

How to Prepare for Best Results

- ✓ Arrive well-rested and hydrated
- ✓ Follow all pre-care instructions closely
- ✓ Communicate openly with your provider
- ✓ Ask questions if anything is unclear

Proper preparation helps minimize redness, swelling, and downtime while enhancing the regenerative effects of PDGF microneedling.

When to Contact Our Office Before Treatment

Please contact us **before your appointment** if you:

- Develop a rash, infection, or cold sore
 - Become ill with fever or flu-like symptoms
 - Start new medications
 - Have questions or concerns about your treatment
-

Commitment to Safety

PDGF microneedling is performed by trained medical professionals following standardized protocols and safety guidelines. All patients receive individualized treatment plans and education to ensure safe, effective outcomes.

Questions?

Our medical team is happy to help you prepare for your PDGF microneedling treatment. Contact our office with any concerns prior to your appointment.

This handout is for educational purposes and does not replace medical advice. Always follow the guidance of your treating medical professional.