



## Microneedling (HA and PRP): Pre and Post-Treatment Instructions

### Pre Treatment

- Stop any anti-inflammatories, (i.e. IBuprofen, advil, motrin, vitamin E and fish oil) 72 hour prior
- Stop any topical retinoids or Vitamin A derivatives 72 hours prior
- Start taking arnica orally if concerned about bruising (if doing PRP injections)
- Avoid extended sun exposure 2 weeks prior
- Drink lots of water and eat prior, if doing PRP blood draw
- Treat appropriately if you have a history of cold sores. We can provide a prescription if needed.

### Post Treatment

- Only rinse the face with water the night after treatment and apply Hyaluronic acid serum given
- Next morning can use a gentle cleanser and spf only if necessary. Continue applying HA serum when feeling dry throughout the day.
- Try not to apply makeup/moisturizers until 48 hours after treatment.
- Avoid retinoids for 72 hours.
- No anti-inflammatories for 48 hours
- No exercise for 24 hours
- Avoid extended sun exposure for the next 2 weeks and wear daily SPF

### Immediately After Appointment

- Do not apply anything to skin for six to eight hours after treatment. This includes makeup, SPF and products of any kind.
- Avoid clothing, headbands, scarves or hats on the treated area.
- Redness and/or swelling is common and will resolve over time.

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### 6–8 Hours After Appointment

- Gently rinse skin with water only.
- Apply HA serums provided.

### One to Three Days After Treatment

- Cleanse skin with a gentle cleanser.
- Apply SPF in the morning, and throughout the day as needed.
- Apply serums provided as needed.
- Do not pick, peel, rub, scrub or irritate your skin while it is healing, as this may cause scarring.
- Do not use a Clarisonic® or other exfoliating agents/scrubs for 3 days.
- Do not use retinol, alpha beta hydroxy acid (AHA) or bleaching creams for 3 days.
- Avoid other facial treatments 7 days post treatment.

If you have any questions or experience any side effects, please contact our office immediately.  
Text us at 202.333.4445 and email us at [info@helaspa.com](mailto:info@helaspa.com).