PULSE IV WELLNESS THERAPY

Microneedling with or without PRP: Pre- and Post-Treatment Instructions

Microneedling with or Without PRP Pre-Treatment Instructions

- **DO NOT WEAR MAKEUP TO YOUR APPOINTMENT OR BE PREPARED TO REMOVE IT.** Thoroughly cleansing the skin to remove makeup, lotion, sunscreen, and other products is required before treatment.
- **Avoid active sun exposure and tanning beds for approximately 2 weeks prior to treatment.** Use a broad-spectrum SPF 30+ daily when the treatment area is exposed to sunlight.
- **Avoid self-tanners on the treatment area for approximately 2 weeks prior to treatment.**
- **Discontinue topical retinoids and retinol-containing products approximately 5–7 days before treatment**, including Retinol, Tretinoin, Retin-A, Atralin, Adapalene, Differin, Tazarotene, Tazorac, and other products containing retinoids or Vitamin A, unless otherwise directed by your provider.
- **Discontinue hydroquinone approximately 2–3 days before treatment**, unless otherwise directed by your provider.
- **Discontinue topical exfoliating products approximately 2–3 days before treatment**, including glycolic acid, salicylic acid, alpha-hydroxy acids (AHAs), beta-hydroxy acids (BHAs), and other exfoliating agents.
- **If medically appropriate, avoid NSAIDs such as Ibuprofen, Advil, Motrin, Aleve, Naprosyn, and Aspirin for approximately 3 days prior to treatment.** Tylenol/Acetaminophen may generally be used if needed.
- **Do not discontinue prescribed medications without first consulting your healthcare provider.** Notify your provider if you take blood-thinning or antiplatelet medications.
- **If you have a history of cold sores, notify your provider before treatment.** Preventive antiviral medication may be recommended depending on your history and treatment area.
- **Notify Pulse if you develop an active cold sore, acne flare, rash, open wound, skin infection, or other irritation in the treatment area before your appointment.** Treatment may need to be postponed until the area has healed.
- **Notify Pulse of any changes to your health history, medications, allergies, or if you are pregnant, breastfeeding, or trying to become pregnant since your last appointment.**
- **Notify your provider if you have a history of Accutane (isotretinoin) use or have taken it recently.**
- **If PRP is being performed with your microneedling treatment:** hydrate well the day before and the day of your appointment to help facilitate the blood draw. If an adequate blood sample cannot be obtained, the PRP portion of your treatment may need to be postponed.

Microneedling with or Without PRP Post-Treatment Instructions

The first 24–72 hours following treatment are especially important for proper healing.

- **Mild redness, warmth, swelling, sensitivity, and pinpoint bleeding or bruising are expected.** These effects typically improve over 24–72 hours, although some redness or sensitivity may last longer depending on treatment intensity and individual healing.

- **Apply only the post-procedure products recommended by your provider.** Avoid introducing new or potentially irritating skincare products during the initial healing period.
- **Avoid makeup and other cosmetic products on the treated area for approximately 12–24 hours**, or until the skin has sufficiently healed and your provider advises that makeup may be resumed.
- **Avoid excessive heat for the first 24–72 hours.** This includes hot showers, hot tubs, saunas, steam rooms, hot yoga, and activities that cause significant sweating.
- **Avoid strenuous exercise for approximately 24–48 hours** following treatment, particularly if it causes excessive sweating or heat.
- **Avoid direct sun exposure following treatment.** Once your provider confirms that sunscreen may be applied, use a broad-spectrum SPF 30+ and minimize sun exposure while the skin is healing.
- **Do not pick, scratch, peel, or aggressively exfoliate the treated skin.** Mild flaking or peeling may occur during the healing process. Allow the skin to shed naturally.
- **Avoid exfoliating products, including glycolic acid, salicylic acid, AHAs, BHAs, and other chemical or physical exfoliants, until the skin is fully healed.**
- **Hold topical retinoids and retinol-containing products until the skin is fully healed and no longer red, irritated, or peeling.** Your provider will advise you when these products can safely be resumed.
- **Hold hydroquinone until the treated skin is fully healed**, unless otherwise directed by your provider.
- **Avoid facials, chemical peels, laser treatments, waxing, or other potentially irritating cosmetic procedures involving the treated area until cleared by your provider.**
- **If PRP was performed:** mild swelling, tenderness, redness, and bruising may occur at areas where PRP was injected in addition to the expected microneedling effects.
- **Stay well hydrated and maintain a healthy, nutrient-dense diet** to support your body's natural healing process.

Please contact the office if you experience:

- Severe or worsening pain
- Significant or rapidly increasing swelling
- Increasing redness, warmth, or drainage
- Fever or other signs of infection
- Blistering or significant skin injury
- Persistent or worsening discoloration
- Any other concerning or unexpected reaction

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