



Hair MicroNeedling Pre Protocols

- ❖ Before each appointment, please let us know if there have been changes in your medical history, medications, or skin care products since consultation.
- ❖ No bleaching, tweezing, plucking, waxing, threading, using depilatory creams or electrolysis for 2 weeks prior to your treatment, can make the skin reactive.
- ❖ Please come with clean shampooed hair, no products used after washing.
- ❖ No Accutane use within 12 months.
- ❖ Do not have unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks prior to this treatment or future treatments. (No sunburn) Wear sunscreen every day. Wear a hat in sun if possible.
- ❖ No Facial/head surgery within 6 months.
- ❖ Ensure you are not on antibiotics nor have been in the past 4 weeks. Understand treatments cannot be done if you are on such medication.
- ❖ Do not use fillers or Botox within 4 weeks of any treatments in the treatment area for this or future treatments.
- ❖ Do not use topical agents that may increase the sensitivity of your skin such as retinoids, exfoliants, topical antibiotics or acids 5-7 days prior to your treatment.
- ❖ Do not take anti-inflammatory medications such as ibuprofen, Motrin, or Advil for at least 3 days prior to your micro needling session. These will interfere with the natural inflammatory process that is critical for your skin rejuvenation.
- ❖ Do not shave the treatment area on the scalp.
- ❖ Please let your technician know if there are any cosmetic tattoos in the treatment areas.



Hair MicroNeedling Post Protocols

Failure to follow pre/post treatment instructions can raise the risk for hyperpigmentation, - viral, bacterial, and fungal infections that can occur anytime the integrity of the skin is compromised. A sunburn-like effect is normal. Your scalp may feel tight, dry or sensitive to touch. Use only the products provided for the first 24/48 hours. Some redness may also be present and in some cases, patients may experience slight bruising that can last for 5-7 days and temporary swelling for 2-4 days.

- ❖ No exercise, body treatment, hot tub, sauna, steams, swimming pools, or massage until skin is back to normal post treatment.
- ❖ Hair washing/shampooing: I shall avoid washing my hair with any product for a period of 24 hours following the treatment.
- ❖ Dandruff: temporary dandruff may appear during the course of treatment.
- ❖ Showering is permitted, but please wait at least 12 hours. Use only lukewarm water. Do not rub the treated area with a face cloth or towel. Pat the area dry so the skin is not disturbed. Avoid swimming and sports if bruising is present to reduce skin irritation and infection.
- ❖ Physical contact: I shall avoid physical contact with the treated area and wash my hands frequently.
- ❖ Sleep on your back with the head of the bed elevated to minimize swelling or pain as needed.
- ❖ Have a clean pillowcase and sheets on the bed after treatment. Change pillow case daily.
- ❖ DO NOT pick, scratch, or scrub at treated skin!
- ❖ Do not use fillers or Botox within 1 week post treatments in the treatment area.
- ❖ NO bleaching, tweezing, plucking, waxing, threading, using depilatory creams or electrolysis at all during treatments.
- ❖ I shall avoid any intensive sun exposure and/or solarium throughout the course of treatment and up to two weeks after the final session. Using SPF 30+ at all times. I shall cover my scalp to avoid direct sun exposure. **However: it is best to avoid all sun exposure and to not wear sunblock for 48 hours post treatment.**

For best results: We recommend follow-up and repeat micro needling treatments every 4-6 weeks, with a series of 3-5 treatments depending on your personalized care plan. Results are not immediate, because the healing process is completed only after 5-6 weeks, and collagen remodeling can linger for months. most noticeable 1-3 months after the last session.