



Mesotherapy Pre/Post Care

Pre-Care Tips To Follow For Your Micro Needling PRP Appointment:

Follow this guideline *BEFORE* each treatment

- Avoid sun exposure/tanning beds at least 1 week prior to treatment.
- Avoid anti-inflammatory medication 1 week prior to treatment.
- Drink at least 16 ounces of water the day of treatment.
- Have a full meal the day of treatment.

Post-Care Instructions For Your Micro Needling PRP Appointment:

Follow this guideline *AFTER* each treatment

- Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, always use sunscreen SPF 30 or above.
- You may clean your face with a gentle cleanser before bed.
- Redness or sensitivity might be present (and last up to a few days) after treatment.
- Use Tylenol only as needed for any soreness.
- Use a clean pillow case for 3 nights following your procedure.
- Clean all your makeup brushes, glasses, or anything that will touch your face.
- Eat fresh pineapple to optimize healing. This is **recommended**, but **not required**.
- Avoid strenuous exercise or sweating for 24 hours due to open pores.
- Avoid sun exposure for 3 days and if possible 10 days. Apply a minimum of SPF 30+ every 2 hours.
- You may use mineral makeup after 24 hours.
- Restart regular skin care regimen in 48 hours and Retin-A in 72 hours.
- Recommend follow up and repeat treatments in 4 weeks and for best results a series of 3–5 treatments.



Please ensure this guideline is carefully followed for optimal results. For any questions or uncertainties, please do not hesitate to contact our office for immediate assistance.

Thank you and we look forward to seeing you!

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