



PRE-TREATMENT PROTOCOL

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PLEASE REVIEW THE BEFORE-YOUR-TREATMENT INSTRUCTIONS CAREFULLY

PRE-TREATMENT INSTRUCTIONS FOR: **Microneedling | RF Microneedling | Injections** (Vivace) (filler, neurotoxin, Hylenex, steroid, PRP/PRF)

ORAL MEDICATIONS:

Certain oral medications and supplements can “thin” the blood, increasing the risk for bruising. If possible, we advise you to **avoid the following medications 7-10 days prior to treatment with Microneedling, RF Microneedling (Vivace), and injections (filler, neurotoxin, Hylenex, steroid, PRP/PRF).** We understand that you may not be able to stop these medications; please let our office know if this is the case.

- Prescription anticoagulant and anti-platelet medications: Coumadin, Plavix, Lovenox, Eliquis, Savaysa, Xarelto, Arixtra, Persantin, Ticlid, Effient, Brilinta, Pradaxa
- Aspirin
- Fish Oil, Krill Oil, Omegas
- NSAIDS (Aleve, Advil, Motrin, Ibuprofen, Celebrex)
- Certain antibiotics, acne medications, and heart medications may cause photosensitivity. This can cause an unwanted reaction to lasers and other energy-based devices. Please let your technician, nurse, or physician know if you have started any new medications to avoid possible complications.
- Vitamin E
- St. John's Wort
- Garlic tablets
- Turmeric
- Alcohol

PRE-TREATMENT INSTRUCTIONS FOR: **Microneedling | RF Microneedling | Laser Treatments | Chemical Peels | RF Devices | Waxing**

TOPICALS:

Certain topicals make the skin more sensitive to treatments with lasers, microneedling, chemical peels, RF devices, and waxing, resulting in more discomfort, inflammation, and possible adverse reactions and delayed healing. **We advise stopping the following topicals 7 days prior to treatment.**

- Retinoids: Retinol (present in many skin creams), Tretinoin (Retin A) Adapalene (Differin, EpiDuo, EpiDuo Forte), Tazarotene (Tazorac).
- Topicals used in the treatment of psoriasis: Etretinate (Tegison) and Acitretin (Soriatane, Neotigason).
- Chemical exfoliants: glycolic acid, salicylic acid, lactic acid, mandelic acid, AHAs, and BHAs.
- Mechanical exfoliants: including any scrubs and waxing.

AVOID SUN EXPOSURE and TANNING

For 2-4 weeks before any laser treatment, microneedling, or chemical peel. If the skin is tan, your treatment may be rescheduled.

Please notify your provider if you are pregnant or breastfeeding as this will affect what treatments can be done.