



## **Advanced<sup>®</sup> Dermatology**

Skin Cancer and  
Laser Surgery Center, P.C.

[www.advaderm.com](http://www.advaderm.com)

### **Board Certified Dermatologists**

#### **General Dermatology**

Gregory G. Papadeas, D.O.  
James T. Chapman, M.D.  
Steven A. Brenman, D.O.  
Jamie G. Surovik, M.D.  
Jennifer A. Ray, M.D.  
Ryan G. Gamble, M.D.  
Dawnielle C. Endly, D.O.  
Ryan O'Leary, M.D.  
Powell Perng, M.D.  
Anne H. Hanson, D.O.  
Roger I. Ceilley, M.D.

#### **Mohs Micrographic Surgery**

Darlene Johnson Skow, M.D.  
Misha D. Miller, M.D.  
Jamison E. Strahan, M.D.

#### **Dermatopathology**

Sean Amsbaugh, M.D.

### **Pediatric Dermatology**



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## **Microneedling**

Microneedling is a corrective treatment that creates rejuvenating micro-channels into the skin's matrix (we are going to prick the skin making tiny holes). Microneedling initiates and stimulates the body's own natural healing and regenerative responses. It is possible to achieve striking results with a customized treatment, which has been documented to improve the appearance of wrinkles, uneven skin tone, uneven texture, stretchmarks and scar tissue on the face and body areas.

### **Contraindications:**

Microneedling is not ideal for patients with:

- Papulopustular rosacea
- Acne vulgaris stage III-IV
- Herpes Simplex
- Warts
- Scleroderma
- Bacterial/fungal infections
- Open lesion
- Solar keratosis
- Skin Cancer
- Hemophilia
- Pregnancy (consult with your aesthetician)

### **Precautions/Considerations:**

Certain health conditions, medications, supplements, and lifestyle factors may affect a microneedling procedure. If you are prone to herpes simplex (cold sores), it is recommended to take or apply a targeted prophylaxis, such as acyclovir to prevent a possible outbreak.

For tanned or darker complexions or skin prone to post-inflammatory hyperpigmentation, it is recommended to use a melanin inhibiting skin regime for at least two weeks prior to treatment. Product such as hydroquinone, and azelaic acid. As always for all skin types and complexions, use your sunscreen.

### **Comfort:**

Our aesthetician will take all steps to ensure total comfort during the procedure by prescribing a topical numbing cream or anesthetic to apply prior to your appointment. If you have any allergies or have had a past reaction to a topical numbing cream or anesthetic, please inform your aesthetician.

### **Health & Safety:**

Sterile, single use instruments are used throughout the procedure, ensuring complete health and safety.

See the back for information on microneedling with PRP!



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## Microneedling w/PRP (Platelet Rich Plasma)

Plasma is the liquid portion of whole blood. We will take a blood sample and then use a spinning tool called a centrifuge to separate the PRP from the rest of the blood. PRP contains proteins, including growth factors and cytokines. These proteins help skin tissue repair itself. The aesthetician will use the microneedling tool to prick the skin, making tiny holes in the skin's surface. Then will then apply the PRP to these tiny holes to encourage collagen production and cell reproduction.

The addition of PRP to microneedling may speed up the healing process and stimulate skin renewal, potentially producing better results than microneedling alone.

### Post Care

For the first 24hours we'd like for you to keep the skin clean of all products, no moisturizers, no makeup etc., just cleanse with a gentle cleanser. After the treatment your skin might be red and flushed similar to spending the day in the sun, it could look like you have a mild to moderate sunburn. The redness should subside in 48 hours. You might also experience some slight swelling; this should also subside after 48hours. Flaking and peeling after the treatment is common. Some patients might experience side effects like bumps, breakouts, and dry skin, this is also normal.

Keep your skin clean and moisturized. Use a gentle cleanser, and a heavy moisturizer. Aquaphor is a great moisturizer, you can also ask the aesthetician for which of the products we sell in office will work!

#### What to expect:

- Red or flushed skin (like a sunburn)
- Slight swelling
- Flaking
- Peeling
- Skin might feel tight or taught (like a sunburn)
- Dryness
- Bumps or breakouts

#### Things to do:

- Always make sure your hands are clean prior to touching the treated area.
- Cleanse the skin both in the morning and afternoon with a gentle cleanser.
- Keep your face moisturized throughout the day.
- Regularly apply your SPF especially when going out in the sun.
- Using a Hyaluronic Acid can help hydrate and restore the skin back to its perfect balance.

#### Please avoid the following activities for 72hours:

- Any, and all skin care products for the **FIRST 24hours**, just gently cleanse.
- Direct ultraviolet exposure (sun and solariums)
- Intensive cardio, exercise, or gym routines
- Spray or self-tanning



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- Swimming in chlorinated/saltwater pools or oceans
- Tattooing (including cosmetic tattooing)
- Further clinical treatments (including but not limited too):  
microdermabrasion, laser, intense pulse light, chemical peels, botox and dermal fillers should be avoided for up to *two weeks*.

Please avoid the use of skin care products containing any of the following active resurfacing ingredients for up to 5 days following a microneedling or microneedling w/PRP procedure:

- Alpha hydroxy acids (AHAs) including but not limited to glycolic, lactic, or malic acid.
- Beta hydroxy acid (BHAs) including salicylic acid.
- Benzoyl peroxide.
- Retinoids (including but not limited to) tretinoin, retinol and retinaldehyde.
- Hydroquinone.
- High levels of Koji or azelaic acid.
- Alcohol (including but not limited to) isopropyl alcohol/de-natured alcohol/rubbing alcohol.

Light, non-comedogenic makeup may be applied 72hours post procedure. If you have any further questions, please call the office.