



# Vampire Facial Preparation

To get the best results from your MicroNeedling procedure, please follow these recommendations. Following these guidelines will help facilitate recovery and healing. If you have any questions prior to your procedure, please feel free to contact the office by email or by phone.

If you are prone to cold sores, you should start an antiviral treatment two days prior to your procedure

## Medications to Avoid

- For 4-5 days prior to the procedure, medications such as Aspirin, Ibuprofen (Motrin and Advil), Naproxen (Naprosyn and Alleve). In general, if you have to take something for pain or fever around the time of the procedure, take Acetaminophen (Tylenol). You may resume the use of Ibuprofen and Naproxen two days after your procedure.
- Avoid any facial medications or creams containing retinoic acid. We want to avoid any facial skin irritation prior to the procedure. Also avoid, any topical antibiotics, hydroquinone and benzoyl peroxide for three days prior to your treatment.
- Avoid taking fish oil (or any Omega-3 Fatty Acid) supplements for at least 4-5 days prior to the procedure. You may resume taking these supplements the day after your procedure.
- You should be off of Accutane for at least six months before a microneedling treatment.

## Avoid the Following:

- Avoid Alcohol for two days before your procedure. You may resume alcohol consumption two days after the procedure.
- Sun exposure, before and after the procedure, can cause irritation and may delay the healing process. Please limit sun exposure prior to the procedure.
- If you can avoid applying makeup on the day of the procedure, that would be preferred. If this is unavoidable, we will have makeup removal towelettes for you.
- Avoid laser or chemical peels for at least two weeks before your treatment
- No shaving the day of your procedure
- No waxing, depilatory creams or electrolysis for at least 7 days prior.