



## **Pre/Post-Care Instructions Micro Needling Therapy System (MTS)**

### **Pre-Care**

- Avoid Vitamin E, fish oils and Ginkgo Biloba for one week prior to treatment.
- Avoid ASA (Abbreviation on a medication that indicates it contains acetylsalicylic acid (aspirin) 2 weeks before treatment. (Please consult with your physician first if you are on ASA therapy.)
- Avoid anti-histamine and inflammatory drugs one week prior to treatment. These negate the effects of the procedure. The body's histamine and inflammatory responses are needed post procedure.
- Stop Laser Hair Removal, Electrolysis, Waxing and Depilatory Creams one week prior to treatment.
- Stop topical retinoids (tretinoin and retinoic acid (Retin-A, Renova, Refissa) one week prior to treatment.
- If using Accutane, a 3-month waiting period after discontinuation of medication is required.
- Please notify us if you have ever been diagnosed with Herpes Simplex Virus (HSV) – you may require prophylactic therapy.

### **What to Expect after your treatment:**

- Immediate pinpoint bleeding may occur, which will resolve within 10 minutes.
- Minor redness and swelling will occur for 1-2 days.
- Minor peeling and flakiness will occur after a few days. Don't pick at the loose skin.
- Call Velvet Effect Lasers if you experience excessive redness, swelling, pain or drainage as these might indicate an infection. (718) 505-2737

### **Post-Care**

- The initial 72 hours post-procedure are the most critical.
- Avoid direct sun and heat. This includes simple day-to-day tasks such as gardening, cooking over a hot stove for a long period of time, sitting next to a bonfire or fireplace, etc.
- Discontinue use of any Alpha-Hydroxy products. You may resume your homecare regimen when skin is no longer flaking and peeling.
- Use hydrating and reparative products. Products rich in soothing and healing ingredients are best to encourage new healthy cell growth. Peptides, antioxidants, stem cells, vitamin A, C and E, and growth factors work very well.
- Use physical sunscreen. Sun care products should be applied no less than every 30 to 90 minutes. Do NOT go outside without sun protection (even on a cloudy day).
- No scratching or peeling
- Limit exercise the first week
- Drink plenty of water

**Please call our office during normal business hours if you have ANY  
Questions or concerns: (718) 505-2737.**

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