



## **Pre/Post-Care Instruction**

### **Microneedle Therapy System (MTS)**

#### **(Collagen Induction Therapy)**

##### **Pre-Care**

- Avoid Vitamin E, fish oils and Ginkgo Biloba for one week prior to treatment.
- Avoid ASA 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 topical retinoids 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 will 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 Rostami Oculo-Facial Plastic Consultants, 571-203-1300, if you experience excessive redness, swelling, pain or drainage as these might indicate an infection.

##### **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, vitamins 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