



MICRONEEDLING AND LASER RESURFACING PRE-TREATMENT INSTRUCTIONS

- Discontinue the use of Retin-A, retinols, vitamin A, and other topical creams or medications at least seven days prior to your microneedling or laser resurfacing treatment
- Avoid alcohol, caffeine, and cigarettes for three days before and after your treatment – smokers heal poorly, problems occur earlier, and results may take longer
- Avoid medicines or supplements that delay blood clotting such as Aspirin, Motrin, ibuprofen, Aleve (all non-steroidal anti-inflammatory agents), ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, or any other essential fatty acids at least one week prior to and after your treatment
 - Remember, we are inducing controlled inflammation and need platelets to clot effectively
 - Tylenol can be taken as needed
- Prescription medications, including heart and blood pressure medication, should be taken as prescribed the day of and day after your treatments
- Avoid excessive sun or heat exposure for at least three days prior to your appointment
- Avoid wearing any makeup the day of your appointment – we do not want to microneedle makeup into the skin
- Increase your fluid intake the day prior to your procedure
 - In addition to your regular water intake, please supplement with an additional two glasses of water in the morning, two glasses at lunch, and two glasses at dinner
- Drink a lot of water the day of your appointment – drink at least 5000 mL of water at least two hours prior to your scheduled appointment
- Avoid eating two hours prior to your session

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