



Innovators in Beauty

evolvemedspa.com

What is Microneedling?

Microneedling is a procedure aimed to stimulate the body's own collagen production to reduce the appearance of fine lines, pores, wrinkles, stretch marks, and scarring. Topical lidocaine, along with the high-speed automated needling motion, minimizes pain and discomfort. Our medical-grade micro needling is far more efficient than any needling/roller or manual procedure you can purchase at home. At home rollers cannot generate the same depth of microholes in the skin and will not yield the same consistent results.

What is PRP?

Platelet-rich plasma (PRP) is a concentrate of platelet-rich plasma protein derived from whole blood, centrifuged to remove red blood cells. It has a greater concentration of growth factors and proteins than whole blood, and is used for its powerful healing response across several specialties, in particular dentistry, orthopedics and dermatology. Adding this to your microneedling treatment simply enhances the benefits of microneedling and increases collagen rejuvenation. (PRP add on \$250)

Before Your Evolve Med Spa Microneedling Treatment

- Inform your clinician of all medical conditions, medications you are taking, skin disorders, history of keloids, allergies, history of anaphylaxis, and any other medical problems.
- Tylenol will not cause bruising and is preferred for the week prior to treatment. To avoid possible discomfort, you may take 1g of acetaminophen (i.e. Tylenol) one hour prior to your scheduled appointment.
- Excess hair may need to be shaved. Men should be cleanly shaved 24 hours before treatment.
- Schedule your procedure to allow for about 3-5 days of facial redness, possibly bruising and flaking.
- Avoid any active ingredients (such as retinol, retinoid, glycolic, salicylic acids, benzoyl peroxide, alpha or beta hydroxy acids, astringents, Nair and Vitamin C) to your face for 7 days before treatment.
- If your skin is irritated or you have an active cold sore/ fever blister/ shingle please contact our office at least 24 hours prior to appointment to reschedule. If you have skin conditions, cold sores, psoriasis, cystic or inflammatory acne, inform your clinician.
- Do not schedule a procedure if you are pregnant, think you are pregnant, or are breastfeeding; actively undergoing or underwent chemo/ radiation in the last 6 months; or if you are actively or have used Accutane in the last 6 months.
- You can do microneedling before Botox/Dysport on the same day, but not vice versa. If you have had microneedling, please wait at least 24 hours before scheduling a Botox appointment. Although you will see some results after 1 microneedling session, for best results we recommend a series of 3-6 microneedling sessions, depending on the condition being addressed.

After Your Evolve Med Spa Microneedling Treatment

- During the first 24 hours, you will need to keep your skin well moisturized with Cetaphil or Cerave cream only. These two products are non-irritating, hypoallergenic, and are a good option for this 24-hour period. Do not use any other products or makeup during the first 24 hours. If needed, skin may be rinsed gently with lukewarm water between applications of Cerave, but cleansers should not be used within the first 24 hours.
- After the procedure, your skin may look and feel like you have a sunburn. You may also experience skin tightness and mild sensitivity to touch on the area being treated. This will diminish greatly by the next day following treatment.
- Makeup may be applied after 24-48 hours post treatment. We recommend washing your makeup brushes and using mineral makeup.
- Do not exercise for 48 hours post treatment as sweating can irritate the skin and cause an outbreak.
- Use a clean mask and clean pillowcase.

- You should always wear an SPF of 30 when exposed to any sunlight. SPF must not be applied for the first 48-72 hours, so sun exposure must be avoided.
- After 3 days most visible erythema (superficial reddening of the skin) will be resolved. Continue moisturizing with a non-irritating moisturizer like Cerave during this time period.
- 3-5 days post treatment; resume a normal gentle skin care regimen unless otherwise instructed by your clinician. You may find that you are sensitive to products that you usually use and tolerate well.
- 5-7 days post treatment; reintroduce products with active ingredients (such as retinols, Vitamin C or salicylic acid, or glycolic acids). If your skin still feels more sensitive than usual, hold off on these products and continue using Cerave moisturizer.
- Some clients may experience flaking 3-5 days post treatment. If this occurs do not pull or pick flaking skin. Continue using a gentle cleanser and a moisturizer until flaking resolves. You may schedule a dermaplane 5-7 days after treatment to help exfoliate flaking.

Follow Up

- While you may see visible results after the first treatment. Lasting and more significant results will be seen after 3-6 treatments spaced 4-6 weeks apart, supplemented by a recommended medical grade skin care regimen.
- We recommend maintenance treatments after your initial series of 3-4 times a year.
- Please note that skin-damaging activities such as smoking and sun exposure can damage your skin and prevent you from seeing full results.