



Pre & Post Care Instructions Micro-Needling with PRP

Dr. Landa Med Spa is dedicated to providing the best medical aesthetics procedures. Part of providing exceptional care is sharing pre and post treatment instructions.

Pre-Treatment Instructions:

- At least seven days before the procedure, stop the following to minimize bruising and bleeding: Aspirin, Anti-inflammatory drugs, Ibuprofen, Vitamin E, Fish Oil supplements and blood thinners such as Plavix and Coumadin.
- For women: arrive at the spa without makeup. If you are wearing makeup, we will cleanse your face before the procedure.
- Prior to the procedure, we will apply numbing cream to make you comfortable.

Post-Treatment Instructions:

- You may apply cool towels to your face and the treated areas to reduce any swelling though many do not experience swelling. Do not apply heat or ice.
- It is preferable that you keep your face clean after the procedure. For women: if you must apply makeup, please apply lightly to the face. It is preferable that you keep your face clean.
- The evening of the procedure wash your face with a light cleanser and pat dry. Do not apply anything else. Do not massage or manipulate the area. You may go back to your normal skin regimen the day after the procedure.

Healing times may vary from patient to patient. Please call the office with any concerns post-treatment and we will be happy to assist you.

Patient Signature: _____

Date: _____