

# PDPA with Microneedling

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## Pre-Treatment

- Arrive with clean skin; no makeup, sunscreen, or lotions
- Stop retinoids, exfoliants, and chemical peels 7 days before
- Avoid sunburn/tanning before treatment
- No alcohol or blood thinners 24 hours prior unless prescribed

## Post-Treatment

- Avoid spending more than 15 minutes in direct sunlight at any time, but especially for a week post treatment
- No chemical peels
- No Retinol or Tretinoin for 7 days post treatment
- No Glycolic Acids for 2 weeks
- Sunscreen daily
- Avoid activities that cause excess sweating for 3-4 days
- Cleanse your skin with a gentle cleanser for 7 days
- Apply serums that are approved by RenewMD on the evening of your treatment and throughout the course of your sessions
- Avoid make up for 24 hours post treatment
- Do not touch your face with your hands or pick at your skin
- Make sure to use fresh, clean pillowcases