

Instructions for Exceed Microneedling

1. Please avoid aspirin and ibuprofen products for 10 days prior to the procedure if possible, as well as any high dose fish oil or vitamin E supplements. If you take a blood thinner, discuss this with Dr. Owens.
2. If you have a history of cold sores/fever blisters please discuss this with Dr. Owens, and plan to take antiviral medication like acyclovir or Valtrex to minimize risk of outbreak. If you do not have a prescription let us know and we will provide you with one.
3. Expect to have pinpoint bleeding/redness of treated areas for 24-48 hours after treatment, and persistent redness or inflammation for about a week and plan accordingly for social and work requirements.
4. Cleanse skin with gentle cleanser like Cetaphil and pat dry, do not rub for the first week
5. Avoid wash cloths, harsh irritants, and scrubs until area is completely healed.
6. Do not pick at the treated area. It is important to let it heal on its own. If picked at or disrupted and further interruption of surface layer occurs, there is increased risk of infection, hyperpigmentation, and scarring.
7. Keep treated skin covered in moist barrier product like lubricating jelly or vaseline/aquaphor for 2 days, reapplying often to avoid crusting or scabbing, then resume gentle skin care with bland moisturizer. You should be able to resume treatment skin care products such as glycolic acid/AHA and retinol after 5-7 days.
8. Avoid excessive sun exposure and wear a zinc oxide-based sunscreen at least SPF30 or higher at all times for at least one month after treatment and preferably always to minimize sun damage.

Please call with any questions or concerns, 410-747-2020 or message us through the AthenaHealth portal

KERRY OWENS M.D.
Diplomate, American
Board
of Plastic Surgery

516 N. Rolling Road
Suite 107
Catonsville, MD 21228
410.747.2020
avalonplasticsurgery.com

Breast Augmentation
Tummy Tuck
Eyelid Surgery
Facelift/Browlift
Breast Reconstruction

Breast Lift
Liposuction
Body Contouring
Breast Reduction
Botox/Fillers

