**MICRONEEDLING / PRP VAMPIRE FACIAL**

**POST-TREATMENT INSTRUCTIONS**

**What is Expected:**

**Day 1:** Skin will be erythematous and flushed after treatment, depending on the intense of the treatment. Pinpoint bleeding may occur. Do not apply makeup for at least 12-24 hours.

**Day 2**: A red or pink hue persists like moderate sunburn. Swelling and slight bruising may be more noticeable on the second day. Minor scratches may be visible. Apply moisturizer or hyaluronic acid serum as needed.

**Day 3**: Skin can be pink or normal color. Swelling subsides. The skin can feel dry, itchy or feel tight. A slight breakout is possible. Light peeling usually occurs in about three days and will be replaced with brand new skin.

**Home Care:**

- Do not touch your face/area for a minimum of 4 hours.

- Cold compresses may be applied following treatment for comfort. If neck or décolletage are treated, the redness might last slightly longer.

- Avoid washing your face after the treatment until the following morning.

- Change your pillowcase on day of treatment. Disinfect your phone and glasses with alcohol.

- Avoid sweaty exercise and sun exposure for 72 hours post-procedure

- If the skin feels dry or tight, you may apply hyaluronic acid serum after the initial 4 hours.

- Avoid any skincare products containing active ingredients for at least 3 days (Retinol, Retin-A, Glycolic Acid, exfoliating scrubs, etc).

- Avoid sun exposure. Apply sunscreen of SPF 40 or greater starting tomorrow after washing your face.

- Avoid saunas, steam rooms, hot baths or showers until redness is gone.

- Wear a mineral base makeup and one that does not contain any oils.

- Avoid waxing, facials, botox, fillers, laser, or any skin treatment to the treated area(s) for 2 weeks.

**Day After Treatment:**

\*Please use the following items included in your post-procedure kit for up to 1 week.

- Wash with **AlumierMD SensiCalm Cleanser** AM & PM using your fingers only. Gently massage the face with lukewarm water. Remove serum and other debris such as dried blood. DO NOT scrub, use a wash cloth or a Clarisonic brush. Cleanse areas treated twice a day. Pat dry with a new face towel.

- After cleansing, apply **AlumierMD Intensive Recovery Cream** AM & PM. This contains 1% hydrocortisone that will help reduce inflammation and redness.

- If you are going out, apply **AlumierMD Sheer Hydration Untinted SPF 40 sunscreen**. This is important to avoid post-treatment hyperpigmentation.

Please feel free to contact us if you have any questions or concerns:

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