



MICRO-NEEDLING & PRP AFTER CARE INSTRUCTIONS

It is through the use of a safe, natural, holistic alternative for resurfacing of the skin using micro needles without an aggressive machine, to produce optimal results. There will be some bleeding during the treatment for which I understand is temporary. There may be some mild discomfort during the procedure. Topical coolness or anesthetic cream may be used if needed for tolerance.

Treatment achieves:

- Helps to build collagen
- Smoothes fine lines and may help fill in pitting or areas lacking structure
- Smoothes acne scars
- Stimulates growth factors
- Post care includes no aggressive products for 72 hours after treatment and SPF of at least 30 shall be worn when outdoors.

Immediately after your Micro-Needling procedure, your treating registered nurse may apply moisturizer and sunscreen topically. Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, always use sun screen SPF 30 or above. You may clean your face with a gentle cleanser before bed.

Redness or sensitivity might be present (and last up to a few days) after peel.

- Use Tylenol only as needed for any soreness.
- Use a clean pillow case for 3 nights following your procedure
- Clean all your makeup brushes, glasses, or anything that will touch your face
- Eat fresh pineapple to optimize healing.
- Avoid strenuous exercise or sweating for 24 hours due to open pores.
- Avoid sun exposure for 3 days and if possible 10 days. Apply a minimum of SPF 30 every 2 hours.
- May use mineral makeup after 24 hours.
- Restart regular skin care regimen in 48 hours and Retin-A in 72 hours.
- Recommend follow up and repeat treatments in 4 weeks and for best results a series of 3–5 treatments.

Day 1: If you are doing PRP with your treatment, it is best to leave the PRP on the skin for at least 8 hours. On the next day, you may clean your face with the approved skin cleanser and apply makeup, moisturizer and other topical products as approved by your provider. Stay away from exfoliants or glycolic acids that are present as these can make your skin very dry after the procedure. Be sure to use an approved SPF 30 or greater sunscreen!

Days 2-7: Within two (2) days following your Micro-Needling procedure, you may notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer. Follow the instructions given to you by your medical professional. If your treating registered nurse used the roller around the eyes, you may have a little micro bruising that may exist for three or four days. This can easily be covered with makeup. Days later, your skin will start shedding. These are skin layers that would regularly shed a week later, but the Micro-Needling brings this skin to the surface sooner. During this temporary process, your skin will shed and be dry. You may use your regular skin care products once your skin is not irritated.

Days 7+: A week after the Micro-Needling procedure, most patients notice that their skin is smoother and more radiant. Continue with sun protection every day and reapply every 2 hours if outdoors.

PRP AFTER CARE INSTRUCTIONS

What to Expect after PRP Injections:

It is important to understand that PRP injections are not filler-or filling the area. You will have some swelling from the plasma that was injected, however, this swelling will subside and begin stimulating collagen production to the area. Immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be applied immediately after treatment to reduce swelling.

To Maximize Results and Prevent Complications:

Avoid scrubbing the injection sites for at least 4 hours. However, makeup may be applied immediately after, if desired.

Starting on the evening of the treatment and for the next several days; wash your face gently with a mild cleanser (e.g. Aquanil or similar) once to twice daily. After several days, you may return to your regular skin care routine.

Avoid direct high heat (e.g. blow dryer, sun, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) until the morning after treatment.

To Maximize Results:

For a minimum of 5 hours after the PRP has been applied to your skin, do NOT: wash your skin, expose the treated area/s to direct high heat, or engage in activities that will get you wet or cause you to sweat (e.g. blow dryer, sun exposure, sauna, steam room, Jacuzzi, very hot shower, hot yoga, strenuous exercise, etc.) After PRP Application, we may apply a topical antibiotic ointment or other soothing / healing ointment (e.g. Aquafor, Vaniply). Starting on the evening of the treatment, wash your face gently with a mild cleanser (e.g. Aquacil or similar) twice daily followed by application of hyaluronic acid and/or Neocutis MPC containing Micro Serum / Creams (that nourishes new collagen) and then, Aquafor healing ointment or antibiotic ointment as needed. Also, use an SPF 30 sun block each morning until healed. Avoid makeup for at least 24 hours and until healed. You may return to your regular skin care routine when healed. Should you have any questions, please don't hesitate to contact our office.

Here are some good Post Care Products

Aftercare & Redness:

Altar Vampire Face Creame

Aquafor

Vaniply

Cleansers:

Clinical Cream Cleanser

Cetaphil Gentle Skin Cleanser

Anti-Itch:

Oral Benadryl (NEVER USE TOPICAL BENADRYL CREAM OR GEL) Calamine

Lotion (NOT CALADRYL)

Moisturizers:

Cetaphil Moisturizing Cream, Fragrance Free

I have been explained the post treatment instructions and what to expect following my treatment and I have been given a copy of this post treatment care sheet.

Patient Signature

Date

Print Name