



Post-Treatment Microneedling Instructions

Do not take any anti-inflammatory medications such as ibuprofen Motrin or Advil for 1 week. DO NOT ice face or use arnica or bromelain. These agents may interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.

Avoid sun tanning and prolonged exposure to direct sunlight for **2 weeks**. After 24 hours, always use a full spectrum sun screen SPF30 or above. When exposed to sun, wear a hat and apply sunscreen every 2 hours.

- Use Tylenol only as needed for any soreness
- **Optional** dietary recommendations: Eat fresh pineapple, tart cherry juice (no sugar), salmon (omega-3 fish oil), bone broth based soups, continue taking collagen supplement (Modere Biocell) for 2 weeks to optimize healing. Avoid dairy, wheat and sugar!

DAY 1-3

A sunburn -like effect is normal. The skin will feel tight, dry, sensitive to touch. Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment. Redness or sensitivity might well be present. Some small bruising is common with PRP injections and may last up to 5-7 days and swelling can last 2-4 days depending on how aggressive of a treatment you received.

Plan social calendar accordingly!

- Avoid strenuous exercises that cause sweating, jacuzzi, sauna or steam baths for 24 hours due to open pores, or up to 48 hours if inflammation exists.
- Sleep on your back with head of bed elevated to minimize swelling or pain as needed
- If you had PRP applied, do not wash off the PRP solution until the morning after your treatment.
- On the next day, you may clean your face as usual and apply makeup, lotions and other topical products as usual. Stay away from exfoliants or glycolic acids that are present in cleansers as these can make your skin very dry after the procedure. Be sure to use an approved SPF30 or greater sunscreen!



- May use only Mineral makeup after 24 hours

DAY 2-7

- Peeling may start 3-5 days after treatment. You will notice skin dryness and flaking. This is due to an increased turnover of skin cells. Do not pick, scratch or scrub at treated skin! Allow old skin to flake off **naturally** and keep moisturized **AT ALL TIMES** if needed.

DAY 5-7

You may restart your regular skin care products and Retin-A once your skin is no longer irritated.

Many patients have noticed continued skin improvement for months following the last treatment. For best results, we recommend follow up and repeat treatments in 4-6 weeks and a series of 3-5 treatments depending on your personalized care plan.