

## Microneedling/PRP Rejuvenation Post-Procedure Instructions

### WHAT TO EXPECT:

- Day 1: Erythema and red appearance. Severity will depend upon how aggressive the treatment was performed and how your skin reacts.
- Day 2: A reddish or pink hue and mild swelling may persist.
- Days 3-7: Skin will feel rough like sandpaper lasting up to 5 days. Do not use any sort of scrub to speed up this process as it can cause moderate to severe skin irritation.

### HOME CARE:

- DO NOT USE Tylenol or NON-STEROID ANTI-INFLAMMATORY DRUGS (NSAIDS) such as Ibuprofen, Naproxen or Aspirin for at least the next 2 weeks. This is very important and will negate the effects of the therapy by inhibiting inflammation. If you have a prescription for aspirin for a medical condition talk to our doctor as your aspirin may be too important to stop. We want the inflammation to start the healing process.
- Avoid direct sun exposure for 2 weeks if possible.
- Wash the face thoroughly a few hours after the treatment. Gently massage the face (no scrubbing) with slightly warm water and remove all serum and other debris (there may be some dried blood that you can remove at this time). Avoid the sun and do not apply sunscreen the same day as the treatment unless it is paraben free. Undesirable chemicals in most sunscreens can penetrate the skin causing irritation and possible breakouts.
- For the first few days after treatment the skin will be very dry and tight. Generous use of a post recovery kit from PCA is optimal. This kit is paraben free and will sooth the skin while speeding up the recovery process. Mineral makeup can be used beginning the day after your treatment.
- After 2-3 days, you may resume your normal skin care routine. Vitamin A products are recommended, as well as peptides and growth factors.
- Avoid alcohol based toners for 10-14 days.
- Do not exercise for 48 hours after treatment.
- Do not take fish oil, omegas, flaxseed oil, or red wine for 2 weeks.
- Do not smoke or use tobacco for 2 weeks.
- Avoid facials, heat, lasers for 4 weeks.
- Most people need multiple treatments. Repeat treatment after 4-6 weeks.

If you have any questions or concerns regarding your treatment, please call our office at (763) 307-8689.