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FACIAL PLASTICS

## **Microneedling Pre- and Post-Care Instructions**

### **Two Weeks Prior to Treatment**

- No prolonged sun exposure to the area being treated. A treatment will not be administered on tan or sunburned skin.
- No self-tanner to any area being treated.
- No treatments such as microdermabrasion, microneedling, chemical peels or lasers can be done within 2 weeks of this treatment.

### **Three Days Prior to Treatment:**

- Discontinue any irritant type of topical products or treatments.
- Discontinue products such as Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Tretinoin, Lightening creams, hydroquinone, Vitamin C (in a low pH formula), scrubs or anything perceived as 'active' skincare.

### **Day of Treatment:**

- Shower as usual. Do not apply any lotion, powder, oils, or other products to treatment areas.
- If face/neck being treated cleanse your face/neck and do not apply makeup. If you have long hair, bring a hair band to pull it back.

### **What Can Be Expected?**

- Immediately after your treatment, you will look and feel like you have a moderate sunburn. Skin may feel warm and tighter than usual.
- Skin will feel dry, look pink and lightly peel for 1-5 days after treatment.
- **NO MAKE-UP for 48 hours**

### **After Treatment:**

- **CLEAN** – Try to wait at least 4-6 hours before washing your face to allow the PRP or exosomes to stay on your skin, waiting longer than 6 hours is totally fine. When you are ready to wash your face, use a gentle cleanser (we recommend SkinCeuticals Soothing Cleanser or SkinBetter Cleansing Gel) to cleanse the face and gently pat dry the treated skin until it heals. Always make sure that your hands are clean when touching the treated area.

- **HYDRATE** – Use Aquaphor or Avene Cicalfate on the treatment area for 48 hours and a healing moisturizer (Epidermal Repair by SkinCeuticals) until skin has healed
- **MAKEUP** – Can be applied 2 days after the treatment. Clean makeup brushes prior to using.
- **PROTECT** – 24 hours after the procedure, you should apply a broad-spectrum UVA/UVB sunscreen with a SPF30, AT ALL TIMES during the daytime. Use a physical sunscreen (Zinc/Titanium Dioxide) daily. (we recommend TruPhysical by Revision or SkinCeuticals Physical Fusion). Do not use chemical sunscreens (oxybenzone, avobenzone, octisalate, octocrylene, homosalate and Octinoxate) until healed.
- Reapply sunscreen often in addition to reducing your future risk of skin cancer, sunscreens also reduce wrinkles and slow the aging process!

**What to Avoid:**

To ensure the proper healing environment, be certain to observe the following:

- For at least one week post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Avoid intentional and direct sunlight for at least two weeks. No tanning beds for one month.
- Do not go swimming for at least 48 hours post-treatment.
- No exercising or strenuous activity for the first 48 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.

**Question? Please call our office or you can email your aesthetician directly:**

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