



## MICRONEEDLING WITH PRP TREATMENT INSTRUCTIONS

### POST TREATMENT INSTRUCTIONS

It is crucial to the health of your skin that these guidelines be followed.

- If PRP is sent home with you, apply it with clean fingertips until gone (use within four hours).
- The evening of your PRP treatment, wash your face gently with a mild/gentle cleanser (at least five hours after your treatment).
- Continue using a mild/gentle cleanser twice daily followed by application of hyaluronic acid and/or a gentle healing moisturizer.
- Apply Alastin Skin Nectar immediately post-procedure and twice daily throughout the healing process for faster recovery and healthier looking skin. Alastin Skin Nectar is designed to support the skin, before, during and after cosmetic procedures, by working with the skin's natural regeneration process and assisting in improving the skin's appearance. Available in our skincare boutique.
- Sleep on your back with your head elevated slightly to reduce swelling for the first several days, as needed.
- A sunburn-like effect is normal for one to three days. The skin may feel tight, dry, swollen, and sensitive to the touch. The treated areas may darken and flake away within one week.
- Avoid picking or exfoliating the area and allow old / dry / dead skin to flake off naturally.
- Mineral makeup or Oxygenetix Foundation may be applied 24 hours after treatment.
- You may return to your regular skincare routine when healed.
- Sun exposure must be avoided until the treated areas have healed (i.e. any skin redness and/or flaking away of skin is no longer present).
- Wear protective hats and clothing and a full spectrum sun block of SPF 30 or higher when going outside.
- Advil or Tylenol may be taken as necessary for discomfort. Ice packs may be used to minimize swelling.

### POST TREATMENT CARE

For best results:

- DO NOT touch your skin unless your hands are clean.
- DO NOT wash your skin for a minimum of five hours after PRP application.
- DO NOT use chemical/physical exfoliants or non-recommended products on treated areas for one week.
- DO NOT expose the treated areas to direct high heat until the skin has healed (i.e. sun exposure, blow dryer, sauna, steam room, Jacuzzi, hot showers, hot yoga, etc.).
- DO NOT engage in exercise that causes sweating until treated areas have healed.

For best results, we recommend a series of three to six treatments administered at four to six week intervals. You should notice immediate as well as long-term improvements in your skin. For questions or concerns after treatment, please message us on Klara or call us at 205.877.9773.

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