Microneedling Post Care

Immediately Following Treatment:

* Do not apply **anything** to the skin for 6-8 hours after treatment. This includes make-up, SPF and products of any kind.
* Avoid clothing, headbands, hats or scarves on the treated area.  If clothing is to be worn over treatment area, we recommend cotton clothing that hasn’t been treated with fabric softeners or dryer sheets.
* Redness and/or swelling is common and will resolve over time.

6-8 Hours After Treatment:

* You may cleanse skin with a mild cleanser if needed.

Days 1-3 Post Treatment:

* Do not pick, peel, rub, scrub or irritate your skin in any way while it is healing, as this may cause scarring.
* Avoid heat, saunas, hot tubs and sweaty activity; this includes exercise of any kind.
* Do not use a Clarisonic or facial brush of any kind.
* Mineral make-up may be worn; however, we recommend leaving skin clean for this time period if possible.
* Still, use only mild cleanser at this time.

Days 4+:

* You may resume your regular skin care routine as long as peeling/flaking has subsided. Understand that you may or may not peel and each treatment may be different.

Post care for topical application of PRP with Microneedling

To Maximize results:

 For a minimum of 5 hours after the PRP has been applied to your skin, do not wash your skin (best to wait 24 hours if possible), expose the treated area to high heat, or engage in activities that will get the skin wet or cause you to sweat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc).