

Microneedling (with or without PRP) – Aftercare

OPTIMAL RESULTS:

Although benefits are appreciated after a single treatment, I recommend a minimum of **3 treatments** spaced apart by **at least 4 weeks** for optimum effect. Once you complete the initial series, at least **twice-yearly** maintenance therapy may also be appropriate. You can expect to see improvement for at least 6 to 8 months after the last treatment, as new collagen forms in your skin's matrix.

INSTRUCTIONS:

- Wait at least 5 hours to wash your face. Use a mild cleanser (I like *ZO Gentle Cleanser*) with luke-warm water.
- Avoid using any retinols until your skin has fully healed (usually 3 - 7 days)
- Wash your face at least morning and night for the next 7 days
- If you choose to go home with *ZO Revitrol*, begin using it after you wash your face for the first time and continue to use for at least the next 7 days after each face wash. You are welcome to continue to use it, as it has beneficial effects for the skin
- You should always protect your skin from the sun with sunblock, but this treatment makes your skin especially sensitive to sun exposure for 2 weeks. Wear at least 30 SPF sunblock daily following treatment (I like *ZO Sunscreen + Primer* or *Elta MD UV Daily*)
- Return to your regular makeup routine once all redness and scaling disappear (usually after 3 - 7 days)
- Medical-grade concealer can be started immediately post-treatment (I like *Jane Iridale*).

EXPECTATIONS:

Microneedling is extremely well-tolerated by patients, but dryness, scaling, tightness, redness and swelling can be present for up to 7 days. Specific expectations include:

On the day of procedure: Redness (like a moderate sunburn), a feeling of tightness, minor swelling and small areas of pin-point bleeding are all normal.

Day 2 - 7: Redness and swelling will slowly fade. Skin may appear slightly pink. Dryness, a sensation of tightness, and moderate skin flaking are all normal.

If you have any additional questions, please feel free to reach out to the office.

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