



LOW COUNTRY
DERMATOLOGY

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 by hyaluronic acid and/or a gentle healing moisturizer.
- 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 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.)
- We strongly recommend protective hats and clothing and a full spectrum sunblock 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 or physical exfoliants or non-recommended products on the treated areas for at least 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 QUESTIONS OR CONCERNS AFTER TREATMENT PLEASE CALL OUR OFFICE AT 912.354.1018