

## **Collagen Induction Therapy / Micro-needling Post-Treatment Instructions**

### **What to be expected:**

- ◆ **Day 1:** Skin will be erythematous and flushed after treatment, depending on the intense of the treatment. Pinpoint bleeding may occur. Do not apply makeup for at least 12 hours.
- ◆ **Day 2:** A red or pink hue persists like moderate sunburn. Swelling and slight bruising may be more noticeable on the second day. Minor scratches may be visible. Apply moisturizer as needed.
- ◆ **Day 3:** Skin can be pink or normal color. Swelling subsides. The skin can feel dry or feel tight. A slight outbreak of acne or milia (tiny white bumps) is possible. Light peeling usually occurs in about three days and will be replaced with brand new skin.

#### **Home Care:**

1. Wash with a gentle cleanser using your fingers only. Gently massage the face with lukewarm water. Remove serum and other debris such as dried blood. Do not scrub, use a wash cloth or a Clarisonic brush. Cleanse areas treated twice a day. Do not use exfoliating products for 72 hours.
2. Cold compresses may be applied following treatment for comfort. If neck or décolletage are treated, the redness might last slightly longer.
3. Apply 1% Hydrocortisone cream or Benadryl spray or gel on treated areas to reduce itching or redness if needed.
4. Continue taking Arnica Montana up to 7 days after each treatment to decrease bruising and inflammation.
5. Do not exercise for 24-48 hours after treatment.
6. Avoid saunas, steam rooms, hot baths or showers until redness is gone.
7. Continue to avoid sun exposure to the treatment areas and apply a broad spectrum sunblock with SPF minimum of 30. Apply it at least 30 minutes prior to sun exposure and repeat after every two hours of sun exposure.
8. After 2-3 days patients can return to regular skin care products or as soon as it is comfortable to do so. Mineral makeup may be applied the following day.
9. Avoid strenuous exercise for two to three days after treatment.
10. Avoid waxing, facials, botox, injectable fillers or any other skin care treatment two weeks after treatment.
11. New cell regeneration requires at least 6-8 8 oz. glasses of water a day (if you already drink that increase by 2 glasses)
12. If skin becomes painful, swollen, red or inflamed, please notify us immediately at **972-679-4682** as this may represent an infection or allergic reaction that may require treatment.

Patient \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_