



Fine Line Natural Beauty
Cosmetic Tattoo and Training Academy
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**MICRO-NEEDLING & PRP AFTER
CARE INSTRUCTIONS**

This is a safe, natural, holistic alternative for resurfacing of the skin using micro needles to produce optimal results. There will be some bleeding during the treatment for which is temporary. There may be some mild discomfort during the procedure. Topical coolness or aesthetic cream may be used if needed for tolerance.

TREATMENT ACHIEVES:

- Helps to build collagen
- Smooths out fine lines and may help fill in pitting or areas lacking structure
- Smooths acne scars
- Stimulates growth factors

POST CARE

- No cosmetic products to be used for 72 hours after treatment.
- Minimum SPF30 sunscreen to be worn when outdoors.
- After your Micro-Needling procedure, your treating registered technician may apply moisturizer and sunscreen topically.
- Do not take any anti-inflammatory medications such as ibuprofen, Motrin, or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.

- Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, always use sunscreen SPF 30 or above for 3 days.
- You may clean your face with a gentle cleanser before bed after 72 hours.
- Redness or sensitivity might be present (and last up to a few days)
- Your face may peel and if so be a little sensitive afterward
- Use Tylenol only as needed for any soreness.
- Use a clean pillowcase for 3 nights following your procedure
- Clean all your makeup brushes, glasses, or anything that will touch your face
- You can eat fresh pineapple to optimize healing.
- Avoid strenuous exercise or sweating for 24 hours due to open pores.
- You can use mineral makeup after 24 hours.
- Restart regular skin care regimen in 48 hours
- Recommend follow up and repeat treatments in 4 weeks and for best results a series of 3–5 treatments.
- Day 1: If you are doing PRP with your treatment, it is best to leave the PRP on the skin for at least 8 hours. On the next day, you may clean your face with the approved skin cleanser and apply makeup, moisturizer and other topical products as approved by your provider.
- Stay away from exfoliants or glycolic acids that are present as these can make your skin very dry after the procedure. Be sure to use an approved SPF 30 or greater sunscreen!
- Days 2-7: Within two (2) days following your Micro-Needling procedure, you may notice skin dryness and flaking. This is due to an

increased turnover of skin cells. During this period use the moisturizer given recommended by your technician.

- If treatment was performed around your eyes, you may have a little micro bruising that may exist for three or four days. This can easily be covered with makeup.
- Days later, your skin may or may not shed. These skin layers would regularly shed a week later, but the Micro-Needling brings this skin to the surface sooner. During this temporary process, your skin will shed and be dry. Days
- A week after the Micro-Needling procedure, most patients notice that their skin is smoother and more radiant. Continue with sun protection every day and reapply every 2 hours if outdoors.

PRP AFTER CARE INSTRUCTIONS

What to Expect after PRP Injections: It is important to understand that PRP injections are not filler-or filling the area. You will have some swelling from the plasma that was taken in by your skin, however, this swelling will subside and begin stimulating collagen production to the area.

Immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). not apply cold gel packs/ice as it may interfere with the body's natural healing response.

Starting on the evening of the treatment and for the next several days; wash your face gently with a mild cleanser

After several days, you may return to your regular skin care routine. Avoid direct high heat (e.g. blow dryer, sun, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) until the morning after treatment.

To Maximise Results

- For a minimum of 5 hours after the PRP has been applied to your skin, do NOT: wash your skin, expose the treated area/s to direct high heat, or engage in activities that will get you wet or cause you to sweat (e.g. blow dryer, sun exposure, sauna, steam room, Jacuzzi, very hot shower, hot yoga, strenuous exercise, etc.)
- After PRP Application, use the cream .