



## Microneedling & PRF Aftercare Information:

### General Information

How you care for your skin after microneedling can be equally as important as the steps we took during your treatment. It's normal to feel mild discomfort during the procedure, so in-office we placed a numbing gel prior to your treatment, followed by topical application of skincare products to assist in collagen production and healing. Your skin might be red and sensitive post-procedure, and you might have some light pin-point bleeding. If peeling occurs, it might begin the day after your procedure or it could be delayed until days 3, 4, or 5.

As this treatment doesn't require planned recovery time, you can resume most usual activities soon after.

The following are post-treatment recommendations to reduce inflammation, bruising, as well as limit the chance of infection and ensure the best result:



Always wash your hands thoroughly before touching your face.



Avoid hot tubs, saunas, and heavy exercise for 24 hours, and while actively peeling.



Avoid touching, rubbing, or applying pressure on the treated area(s).



Avoid applying makeup, but if you need to apply product we recommend waiting until after the first 24hrs, and using new or well-cleaned brushes and make-up.



Avoid alcohol, caffeine, high salt/sugar food, and cigarettes for at least 24-48 hours after your procedure, as these may contribute to increased Swelling, bruising, and redness.



Avoid direct sunlight for at least 1 week, and do not forget to apply sunscreen daily, and wear hats and sunglasses when outdoors.



Stay hydrated and eat as cleanly as possible, focusing on nutrient-rich whole food.



Follow the skincare recommendations given to you by your provider at the end of your treatment.

(flip for contact information)

## Contact information:

For questions or concerns not requiring an urgent response please email us at

[beth@belloramedicalaesthetics.com](mailto:beth@belloramedicalaesthetics.com)

For questions or concerns requiring an urgent response please call us at

206.683.4893.

**If you are experiencing a medical emergency, please call 911 promptly.**