



MICRONEEDLING/PRP MICRONEEDLING

- Avoid direct sun-exposure for at least 24 hours after your procedure.
- For 7 DAYS post procedure, ONLY use the recommended gentle cleanser and sunblock. Avoid makeup for the first 24 hours if possible.
- Apply the recommended calming mask per the mask instructions on Day 1 and Day 2 post procedure.
- After 7 days, you can resume your regular medical grade skincare , including retinoids.
- A mild sunburn-like redness/irritation is expected. The skin will be tight for the first 24-28 hours. Apply recommended moisturizer as needed.
- Peeling may occur 2-3 days after the procedure, this is expected. Do not pull the skin
- Results vary for each patient, please continue your treatments as recommended and allow 1-2 weeks for full results. Repeat once yearly for continued benefits

DERMAPLANING

- Moisturize with recommended product and follow up with recommended sunscreen daily.
- Repeat treatment every 6-8 weeks for continued results.

KYBELLA

- Ice packs may be used to the treated area during the first 24 hours – ice for 15 minutes of every hour
- If no contraindications to ibuprofen take 200mg three times daily beginning the day of your treatment and for the following 3-4 days
- Significant swelling and mild pain is expected and worse during the first 48-72 hours. Ice and ibuprofen will help. Avoid strenuous exercise the day of your treatment. Notify our office if any significant, swelling, bleeding, pain, dusky discoloration, difficulty swallowing or smiling, or fever occurs.

CHEMICAL PEEL/ ULTRAPEEL

- It is IMPERATIVE that you use the recommended sunscreen and AVOID direct sunlight for at least 7 days
- For 7 DAYS post procedure ONLY apply the recommended cleanser, moisturizer and sunscreen.
- Approximately 48 hours after treatment, your skin may start to peel or slough. This may last 2-5 days. DO NOT PICK OR PULL THE SKIN. Do not use harsh brush or washcloth to cleanse.
- Redness, swelling, tightness may occur. This is expected. You may take Ibuprofen and moisturize as needed. Itchy hives may occur in some patients. If you develop this, take a zyrtec 10 mg daily for 2-3 days.
- Discontinue waxing, laser or any other skin procedures for 7 days post treatment. For continued redness and irritation, it is safe to use 1% hydrocortisone cream twice daily for 2-3 days.