



## MICRONEEDLING AND OPUS POST-CARE

- A sunburn-like effect is normal for 1-3 days. The skin may feel tight, dry, swollen, and sensitive to the touch. The treated area may appear darker and the darkened skin may flake off within 1 week. Avoid picking or exfoliating the area and allow old skin to flake off naturally. **Do not use exfoliating medications, chemicals, or products on the treated areas for at least 1 week.**
- Swelling post procedure is normal – ice to site ok for 30 minutes a day for a few days is ok. Acetaminophen (Tylenol) may be taken as needed for discomfort
- Watch blood draw area for unusual swelling or signs of infection, and contact us immediately if you have any concerns.
- No exercise that causes sweating, Jacuzzi, sauna, or steam baths if any skin irritation exists (usually first 24 hours). Sweating can be harmful due to bacterial that may cause infections and adverse outcomes. No swimming for 24 hours, no hot showers for 24 hours
- Avoid touching your face for the remainder of the day; cleanse your face before bed with a water, no skin care tonight; PRP should be applied directly to the skin the evening of a procedure
- Tomorrow morning, wash the treated area gently with a gentle cleanser or water. Apply Neocutis After Care as much as needed for the next 24 hours. Avoid any products with parabens, petroleum, mineral oil, silicone, acetyl alcohol, and fragrance. Do NOT use alpha hydroxy acids, beta hydroxy acids, retinol (vitamin A), vitamin C or anything perceived as ‘active’ skin care for 3-5 days at least.
- 24-72 hours post-treatment - mineral makeup can be applied. Colorescience is ok immediately post-procedure as well. You can purchase this in the office.
- 72 hours post-treatment – return to regular skin care regimen. Retinol products are strongly suggested for optimal results but only after 7 days.
- Sun exposure must be avoided for at least 24 hours after your treatment, preferably 1-2 weeks. If you know you will get incidental sun exposure, i.e., driving to and from work, walking from your car to the house, etc., we recommend physical avoidance of the sun in all treated areas, a protective hat and a full spectrum sun block of SPF 30 or higher. Products are available, ask your provider.
- Elevate head for four (4) hours or sleep with head elevated to reduce swelling. You will be more swollen when you wake up because you are laying flat and fluid pools.
- For best results and efficacy, we recommend a series of 2-3 treatments administered at 2-4 week intervals. You may notice immediate as well as longer term improvements in your skin. Once results achieved, maintaining every 4-6 months is optimal.