

MICRONEEDLING WITH PRP

Post-Treatment Instructions

After your microneedling treatment:

- You will experience redness for 1-3 days.
- You may experience inflammation, itching, burning and possible breakouts.
- You may experience some swelling around the eye area.

Post Procedure Instructions:

- Do not touch your face for a minimum of 8 hours.
- It is recommended to avoid sweaty exercise and sun exposure for 72 hours post- procedure.
- Avoid washing your face after the treatment for 8 hours. If the skin feels dry and/or tight, you may apply Hydramemory or other approved moisturizers after the initial 8 hours.
- Change your pillow case the day of treatment.
- Wipe down your phone and/or glasses with alcohol.
- After the initial 8 hours post-treatment, you can wash your face with a gentle cleanser recommended by your technician.
- A mineral makeup can be applied the next day, but it is recommended to wait at least 24 hours to apply any makeup.
- Apply a sunscreen of SPF 30 or higher the next day (or after you have washed your face)
- Avoid applying any skincare products containing active ingredients for at least 72 hours.
- Mix 1 tsp of vinegar with 1 cup of cold water to reduce redness and swelling.

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!