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## **Microneedling (Collagen Induction Therapy) Aftercare Instructions**

It is important to follow these aftercare instructions carefully for the best possible results. We specifically recommend our products **ONLY** to ensure proper healing and to minimize the risk of infection and/or irritation. We always recommended our patients be on peptides after microneedling to ensure proper healing and better results.

### **Day 1:**

Your provider has applied all necessary products following your treatment. Once you leave the office, you may use the **ice pack given** to enhance cooling and soothing for post procedure skin. You may apply the **Neocutis Aftercare, Biocream, Bioserum and/or recommended mild moisturizer** once or twice a day. This will help keep the skin hydrated, as well as speed the recovery process. Before bed, you may wash with the **Neocutis Gentle Cleanser**. Pat the skin dry and re-apply **Neocutis Aftercare, Biocream or Bioserum and/or recommended mild moisturizer**.

### **Day 2, 3, & 4:**

Step 1- Continue to use **Neocutis Gentle Cleanser**, and pat the skin dry.

Step 2- Apply **Neocutis Aftercare, Biocream, Bioserum** and/or **mild moisturizer** once or twice a day

Step 3- **Apply Mineral Ultra Light SPF 50 or a physical sunscreen recommend by your Aesthetician daily at least 15 minutes before sun exposure.**

Step 5- Make sure to **ONLY USE** mineral based powder foundations. These may be used in the first 4 days following a microneedling treatment. **Avene Tinted Compact with SPF 50** is a great choice. Normal makeup and skincare routines are **NOT** to be resumed until day 5.

**\*\*NO Glycolic Acids, Retinoids, or PH lowering skincare products\*\***

### **Day 5:**

Resume your normal skincare routine. Follow up with your Aesthetician in 2 weeks to establish a collagen building skincare routine to enhance the microneedling treatments.

***Note: Patient should avoid sweaty exercise for the first 12 hours.  
Avoid excessive sun exposure for the first 72 hours.***

If you have any questions, please do not hesitate to call the office.