

EIHOPOULOS

PLASTIC SURGERY & MED SPA

Directions for Microneedling with PRP Treatment

2 weeks prior to Microneedling treatment

- Begin using Alastin™ Skincare Pre-Procedure Skin Preparation Kit
 - Preparing and stimulating the skin achieves the most optimal condition prior to a cosmetic procedure. Using the proper skin care 7-14 days prior to a cosmetic procedure creates healthier skin that supports the renewal of skin post-procedure.
- Morning:
 - Cleanse with Gentle Cleanser
 - Apply Regenerating Skin Nectar™
 - Apply Ultra Nourishing Moisturizer
 - Apply Broad Spectrum SPF 30+ Sunscreen (reapply as needed throughout the day for increased sun exposure)
- Evening*:
 - Cleanse with Gentle Cleanser
 - Apply Regenerating Skin Nectar™
 - Apply Ultra Nourishing Moisturizer

*Avoid the use of retinols, tretinoin, and hydroquinone during this 2 week preparation.

2 Days prior to Microneedling treatment:

- IF you have a history of cold sores, please begin Valtrex prescription that was called into your pharmacy. You will take this for a total of 9 days.

Day of Microneedling treatment

Please arrive well hydrated for your treatment. Start hydrating the day before your treatment. This improves the quality of blood sample and Platelet Rich Plasma!

- Morning:
 - Cleanse with Gentle Cleanser
 - Apply Regenerating Skin Nectar™
 - Apply Broad Spectrum SPF 30+ Sunscreen
- Immediately following treatment:
 - Your provider has applied PRP (platelet rich plasma) to your face prior to leaving the office. Leave PRP on your skin for at least 6 hours after your procedure for optimal penetration. You may be given an excess PRP for at home use. Please apply this every hour to your face for the next 5 hours. (Keep your PRP out of the heat, in a clean place)

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- It is normal to feel like you have a light sunburn and that your face feels tight. Redness, mild swelling, pinpoint bleeding or bruising is normal and may be present for the remainder of the day.
- Some patients may experience bruising and swelling during the first 24-48 hours after Microneedling treatments. This is a normal response. You may take Tylenol but please avoid Aspirin, Ibuprofen and Motrin. DO NOT apply ice or cool compress during the first 24 hours.
- Evening after Microneedling Treatment
 - Cleanse with Gentle Cleanser
 - Apply Regenerating Skin Nectar™

Day 1 and Day 2 AFTER Microneedling Treatment:

- Morning:
 - Cleanse with Gentle Cleanser
 - Apply Regenerating Skin Nectar™
 - Apply Ultra Nourishing Moisturizer** or Soothe + Recovery Balm (if purchased)
 - **You may notice a slight stinging or tingling when applying the Ultra Nourishing Moisturizer. This should subside within a few minutes and will completely resolve after the skin returns to its normal state post procedure.
 - The Soothe + Recovery Balm can be used 2-3 times per day as needed during the first 48 hours after Microneedling. The Soothe + Recovery Balm is used to treat excessive dryness and irritation that may occur.
 - Apply Broad Spectrum SPF 30+ Sunscreen
 - AVOID Makeup for the first 48 hours after Microneedling. You may use Oxygenetix Oxygenating Foundation (available at our office).
- Evening:
 - Cleanse with Gentle Cleanser
 - Apply Regenerating Skin Nectar™
 - Apply Ultra Nourishing Moisturizer* OR Soothe + Protect Recovery Balm (if purchased).

Daily Product Usage for 48 hours after Microneedling and Beyond:

- You may resume the use of your pre-procedure skin care regimen, including retinols, tretinoin and hydroquinone.
 - Be sure to clean and/or sanitize all makeup applicators after Microneedling to avoid introducing bacteria onto the skin.
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FAQ After Microneedling with PRP:

- What will I look like after my treatment?
 - Most patients will notice redness and mild swelling similar to slight sunburn for 24-48 hours. There may be slight pinpoint bleeding and/or bruising visible. Skin will be noticeably smoother and more radiant within 1-2 weeks.
- When will I see the results of Microneedling?
 - The optimal results of Microneedling with PRP are seen 8-12 weeks after completing a series of 3 to 4 Microneedling sessions, with each session spaced 1-2 months apart.
- Will I need a maintenance Microneedling treatment?
 - Yes. Most patients, along with an at-home clinical strength skin care regimen, can see results that last 6-12 months. Unfortunately, we continue to breakdown collagen and elastin as we age, thus maintenance is required to maintain results. We recommend 1-2 Microneedling treatments every year after the initial series of treatments.
- When can I have Botox and dermal fillers?
 - You may have a Botox and/or dermal fillers 3 weeks prior OR 3 weeks after microneedling treatments. Be sure to discuss any previous or planned treatments with your provider first.