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WHAT TO DO AFTER MICRO NEEDLING PROCEDURE

Once you have had the procedure done, do the following:

- 1) Wash face at night time before bed with a light soap, apply remaining plasma, followed by stem cell serum (if purchased) and then anti-biotic ointment and leave on overnight.
- 2) Wash off in morning. Apply sunscreen.
- 3) Repeat Step 1 on night two
- 4) After skin has completely healed (usually 5-7 days), begin twice to three times weekly derma rolling on top of stem cell serum (if purchased), and leave on overnight, wash off in am.
- 5) Follow up in 1 week for skin check, and again in 6 weeks for next PRP micro-needling session.

DO NOT EXPOSE YOURSELF TO THE SUN

After you have undergone your micro-needling procedure, stay out of the sun and do not apply any sunscreen, due to the toxins that may be contained in the lotion. Post procedure, the skin channels are completely open, and any toxins contained in topical applicants may be harmful to you.

DO NOT USE ANY "ACTIVE INGREDIENT" SKIN PRODUCTS

Post procedure, avoid any skin care product that has active ingredients. These commonly include things like Alpha Hydroxyl Acids, Retinol and other similar agents. The skin will be highly sensitive and these products will only irritate the it further.

USE COLLAGEN STIMULATING PEPTIDES LIKE RELUMA STEM CELL SERUM

As micro-needling serves to stimulate the production of collagen, the skin needs higher amounts of collagen than normal to recover optimally. Collagen Stimulating Peptides assist in that process, further aiding in the stimulation of collagen production.

AVOID THE USE OF MAKEUP AFTER TREATMENT

It is imperative that you let your skin “breathe” and recover for 24 hours after the procedure. The skin channels are open, and using a makeup brush can penetrate the pores, especially if they are very thin, causing further irritation. Using a makeup brush that has been used before can contaminate the skin and, consequently, lead to infections. Wait 24 to 48 hours before you apply face makeup to give your skin the necessary recovery time.

USE A COOLING FACE MASK

After you have undergone microneedling, you may experience some skin inflammation or redness. Using a cooling mask will help reduce the inflammation or redness of the skin, giving you more comfort.

USE AN ANTIOXIDANT SERUM LIKE VITAMIN C AND/OR VITAMIN E

Antioxidant serums have properties that assist in healing the skin. Serums assist in soothing the skin and further reduce irritation. Vitamin C/E based serums are highly recommended.

AVOID SWEATING

As you sweat the pores of your skin will reopen, and the bacteria on your skin may enter the skin punctures. This can lead to either a reaction or infection.

DRINK WATER

It is important to stay hydrated before and after your procedure to help your skin heal and rejuvenate faster.

Call the Doctors office with any questions or concerns at (949) 371 – 9862 if signs of skin infection (worsening pain, redness, fevers, blisters, folliculitis)