

# Congratulations!

We look forward to assisting you with your self-care regimen!

## Brightening Stem Cell Microneedling Post-Treatment

### HYDRATE, HYDRATE, HYDRATE!

- Continue to drink plenty of water to keep your skin hydrated from the inside out.

### EXPECTATIONS

- Your face may feel tight and a little dry for up to 7 days following the treatment. Areas of hyperpigmentation may look darker or more prominent for up to 1 week post-treatment.
- Redness and warmth are normal and should fade within a few days. You may apply ice for comfort, but avoid scratching or irritating the skin further.

### FOR THE REST OF THE DAY

- Apply Hyaluronic Acid (HA) serum as needed to keep the skin hydrated. DO NOT use any other facial products except the HA serum provided by your provider.

### TOMORROW MORNING, AND NEXT 3 DAYS

**1**

Cleanse face with VI Cleanser.  
Use warm / tepid water and  
pat skin gently dry.

**2**

Apply AnteAGE  
Brightener to entire face.

**3**

Apply AnteAGE  
Serum (1) to the  
entire face.

**4**

Apply AnteAGE  
Accelerator (2) to entire  
face.

**5**

Apply Epidermal Repair Cream  
throughout the day and before  
bed. Wear sunscreen daily.

### THINGS TO REMEMBER

- Avoid excessive sweating and sun exposure x 72 hours to prevent inflammation.
- Avoid hot tubs, saunas and steam rooms x 72 hours to prevent skin irritation.
- Sunscreen may not be applied for 24 hours and mineral based sunscreen is required.
- After 3 days, you can gradually reintroduce your regular skincare products, including make-up as your skin heals and feels comfortable.
- Retinols and exfoliants may be used after 7 days.