

# Congratulations!

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

## PDGF (Platelet Derived Growth Factor) Microneedling Post-Treatment Instructions

### 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

- Keep your skin calm and happy - only use what your provider recommends. Relax and let your skin heal naturally and beautifully!

### TOMORROW MORNING, AND NEXT 3 DAYS

**1**

Cleanse face with VI  
Cleanser.

**2**

Apply a few drops of  
HydroCalming + Vit. Complex to  
face and other treated areas.

**3**

Apply Epidermal Repair as  
needed for comfort and  
hydration.

**4**

Don't forget your SPF!

### 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.