

WEST HILLS DERMATOLOGY GROUP

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After Microneedling Treatment Regimen Plan

Be certain to adhere to the following post-treatment instructions:

****DO NOT USE GLYCOLIC, RETIN-A, OR ABRASIVE CLEANSERS FOR 48hrs****

You can start using the ECLIPSE Hyaluronic Serum and or hydrating treatment masks 1 hour post treatment. This helps with the tightness & dryness you may start to feel after your procedure (use until it's finished or as needed). We also carry Hyaluronic Serum for purchase. Be sure that your hands are clean when touching the treated area.

● **CLEAN** – After 4 hours you can use the Elta Enzyme Gentle Cleanser to cleanse the treated area and pat dry.

● **HEAL** – NIA skin strengthening Complex has Pro-Niacin which strengthens the skin barrier, Ceramides and natural oils to reinforce the skins barrier to prevent moisture loss which is ideal to help heal the skin & moisturize.

● **HYDRATE** – Following your PRP Microneedling/Injection treatment, your skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to perfect balance. (Dr. Gaminchi Hydrating Serum) Elta Melting Moisturizer as needed.

● **STIMULATE** – In the days following your PRP Microneedling/Injection treatment as the skin starts to regenerate, collagen stimulating peptides & growth factors are ideal to continue that cellular turn over and generate healthy new skin cells. We highly recommended post PRP treatment and as your daily skin care regimen! (CE Ferrulic by Skin Ceuticals or Dr. G Vitamin C & NeoCutis Bio Serum Face & Eyes (growth factors). Best investment for your investment!

● **MAKEUP** – It is recommended that makeup should not be applied for 24 hours after the procedure. Be sure all makeup brushes are cleaned prior to use.

● **PROTECT** – Apply a broad spectrum UVA/UVB sunscreen with an SPF 30+ 24 hr post treatment. A chemical-free physical sunscreen is HIGHLY recommended (ELTA MD UV Facial SPF 30+ or MD Solar SPF 50)

Protecting your Investment

The providers at West Hills Dermatology have formulated the perfect combination post treatment regimen for your new investment! Consult with your provider or stop by the checkout desk for further information. You can choose from the recommendations listed below.

Skin Care Regimen Recommended

Growth Factors: #1 NeoCutis Bio Serum Neo Cutis Eye Lumiere

Skin Strengthening Moisturizer w/Antioxidant: NIA Skin Strengthening Complex

Antioxidants & Peptides: CE Ferulic Dr. G Vitamin C Serum DEJ Face Cream Dr. G Antioxidant Moisturizer

Anti-aging Cellular Turnover: Dr. G Enhanced Rejuvenating Cream,

Moisturizing Face Wash: NIA 24 gentle cleansing cream, Avene Oil Free Cleanser, Elta Foaming Facial Cleanser

Sunscreen: Skin Ceuticals Physical Fusion SPF 50, Elta UV Daily SPF 40, UV Physical SPF 41 Lightly Tinted