

**WEST HILLS DERMATOLOGY GROUP**  
7320 WOODLAKE AVE, SUITE 340 WEST HILLS, CA 91307  
(818) 592-6005

□Farnaz Gaminchi, M.D. . □Kerry Schlosser, PA-C □Sara Weiskirch, PA-C

**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 Elta Laser Enzyme Gel Immediately 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 3 hours you can use the Elta Enzyme Gentle Cleanser to cleanse the treated area and pat dry.
- HEAL** – Elta MD Enzyme Gel and Alastin Skin Nectar which strengthens the skin barrier, Ceramides and natural oils to reinforce the skin's 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, and collagen stimulating peptides 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! (Dr G. Antioxidant Serum & DefenAge BioSerum & DefenAge Eye) .
- 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+ and/or Elta Clear 46)

## 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

**Collagen Stimulator :**  Alastin Skin Nectar  Alastin Restorative Eye Cream  DefenAge BioSerum

**Skin Strengthening Moisturizer:**  Skin Ceuticals Emollience  Skin Ceuticals Daily Moisturizer

**Antioxidants & Peptides:**  Dr. G Vitamin Antioxidant Serum  Dr. G Antioxidant Moisturizer

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

**Moisturizing Face Wash:**  DefenAge Cleanser,  Avene Oil Free Cleanser,  Elta Foaming Facial Cleanser

**Sunscreen:**  Elta UV Clear 46,  Elta UV Daily SPF 40,  UV Physical SPF 41 Lightly Tinted