

## MICROPEN / PRP POST-CARE HANDOUT

### DAY 1: DAY OF TREATMENT

- The treated areas of your face will likely be very swollen, red, irritated, and with presence of pinpoint bleeding; therefore, immediately after the procedure we will apply a thin layer of eltaMD® Laser Enzyme Gel or PCA® Hyaluronic Acid serum to protect and soothe your skin.
- When leaving the office, it is VERY important to cover your face with a large hat to protect it from the elements, especially sunlight. It would be better if someone else drove you home.
- DO NOT wash your face the evening of the procedure, however you may apply eltaMD Enzyme Gel as often as needed for soothing relief and comfort of your skin

### DAY 2-3: POST-TREATMENT

- You may now wash your face with PCA® Facial Wash twice a day.
- After washing your face, apply PCA® Total Strength Serum twice a day.
- You may continue to use eltaMD Laser Enzyme Gel as needed throughout the day to provide skin comfort and to promote healing.
- Usually by day 3, it is normal to start to notice flaking – exfoliation - of your skin.
- We recommend you stay indoors, however If you need to step outside, please apply a generous lather of eltaMD® UV Elements sunblock.
- DO NOT apply moisturizers, makeup or any other skin care products.

### DAY 4: POST-TREATMENT

- By now, you will notice profuse flaking, which is a normal process of exfoliation of your skin.
- Continue washing your face with PCA Facial Wash followed by the application of PCA Total Strength Serum, twice a day.
- You may now start to apply your PCA Collagen Hydrator – following the application of the PCA Total Strength Serum. You may now wear mineral makeup.
- You may also continue to use eltaMD Laser Enzyme Gel as needed for persistent skin discomfort.
- If you need to step outside, please apply a generous lather of eltaMD UV Elements sunblock

### DAY 5-10: POST-TREATMENT

- After day 10, you may start your normal skin care regimen, including Retin-A, Hydroquinone, Vitamin C and E moisturizers; DO NOT apply any of these topical products for a minimum of 10 days post procedure.

### GOOD TO KNOW

- Schedule a 2-week post-procedure follow-up appointment, and in the event of any unexplained adverse reactions, please call our office at (760) 832-7279.