



**Collagen Induction Therapy Post Instructions**

**First 24 hours Post Treatment:**

- After treatment you can expect skin tightness, sensitivity, red/flushed appearance that usually last 24 hours, and occasionally as long as a few days.
- It is best to do nothing to your face for 24 hours. You may clean your face with a gentle cleanser before bed or use HA product within the 24 hours if you are uncomfortable.
- Do not take any anti-inflammatory medications such as Ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- Use Tylenol as needed if sore. You may use cool compresses if excessive discomfort, burning, redness, or swelling.
- Eat fresh pineapple to optimize healing.
- Avoid strenuous exercise or sweating for 24 hours, including jacuzzi or steam baths.
- Treat skin gently. No exfoliants, acids, face cloth, or clarisonic type devices for 2 weeks
- Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, SPF30 or greater.

**Post Procedure Day 1:**

- You may clean your face as usual and apply makeup, lotions and other gentle topical products as usual. Vitamin C is not recommended while healing.
- Stay away from exfoliants or glycolic acids that are present in cleaners as these can make your skin very dry after the procedure.
- Be sure to use an approved SPF30 or greater sunscreen! Zinc based if possible.

**Post Procedure Days 2-7:**

- You will notice skin dryness and flaking. This is due to an increased turnover of skin cells.
- You may apply your regular skin moisturizer.
- DO NOT pick, scratch, or scrub at treated skin! This could cause scarring.
- Your skin will start shedding. These are skin layers that would regularly shed a week later, but the Micro-Needling brings this skin to the surface sooner.
- You may use your regular skin care products once your skin is not irritated.

**Days 7+:**

- A week after the procedure, most patients notice that their skin is smoother and more radiant.
- Continue with sun protection every day and reapply every 2 hours if outdoors.
- Recommend follow up and repeat treatments in 4 – 6 weeks and for best results a series of 3 – 5 treatments.