

## POST TREATMENT INSTRUCTIONS

PRF Microneedling Treatment

**Congratulations on your Microneedling treatment! Your skin has just been stimulated for long term collagen and elastin production. Downtime is minimal - follow these steps for the best results.**

### WHAT YOU'LL NEED:



Puracyn  
Wound Spray



Epicutis Lipid  
Aftercare



Clean Pillow  
Cases



Hydrinity  
Face Mask

### DAILY SKINCARE ROUTINE - **ALWAYS WASH HANDS FIRST**

1. Puracyn Spray



2. Epicutis Lipid Serum



3. Hyvia Creme

*Wash hands thoroughly before touching your face. Never scratch, pick, or rub.*

### PHASE 1- **DAY OF PROCEDURE**

1. **Use nothing** except **Puracyn Spray** (bacteria control) and the **Hydrinity Mask** (moisture).  
Hot Tip: You can save the excess serum in the **Hydrinity Mask** for reapplication later tonight.
2. **Your face may feel a little dry tonight**, but that is normal. Your skin needs to breathe & begin a clean healing process.
3. **Please** be sure to sleep on a **CLEAN** pillowcase.

### PHASE 2- **DAY 1-3**

**Day 1 - 3:** Wash with lipid oil cleanser morning and night. Apply skincare: Puracyn spray → Lipid Serum → Hyvia Creme.  
No sunscreen or makeup for 72 hours.

## PLEASE AVOID

- Exercise, gym, or strenuous activity for at least **72 hrs**
- Scratching, picking, or rubbing the skin
- Hot environments, saunas, steam, or swimming pools
- Washing shampoo directly over the treated area
- Direct sun exposure, wear a protective hat outdoors
- SPF for the first 3 days of healing
- Exfoliants or active products until Day 7+
- Pets, dirt, or anything that could contaminate the skin