



DISCHARGE INSTRUCTIONS

- **DO NOT APPLY** anything to the treatment area within six (6) hours after treatment.
- **DO NOT TOUCH** the treatment area with your hands or allow the treatment area to come into contact with pets for six (6) hours post treatment.
- **NO VIGOROUS EXERCISE** or prolonged heat (saunas) for twenty-four (24) hours after your treatment.
- **AVOID** alcohol twenty-four (24) hours before and following your appointment as alcohol can thin the blood and increase bruising.
- **AFTER** twelve (12) hours you may cleanse with a **MILD** cleanser. If you received platelet rich plasma (PRP) with your microneedling treatment, it is best to wait twenty-four (24) hours in order to allow maximum absorption of the PRP.
- After the first twenty-four (24) hours **WASH THE TREATED AREA GENTLY**, twice a day, with a gentle cleanser. Use tepid water only. Apply a soothing, healing moisturizer or oil, as often as needed for the first three (3) days.
- Make sure your sheets and pillowcases are **CLEAN**, especially for the first night.
- Sleep on your back with your **HEAD ELEVATED** slightly to reduce swelling.
- **MAKEUP** may be applied after forty-eight (48) hours.
- A sunburn-like effect is **NORMAL** for 1-3 days. You will look and feel sunburned after the treatment. The skin may feel tight, dry, swollen, and sensitive to the touch. The treated area may appear darker and the darkened skin may flake off within 1 week. Avoid picking or exfoliating the area and allow old skin to flake off naturally.
- **SUN EXPOSURE MUST BE AVOIDED** for at least 24 hours after your treatment, preferably one (1) to two (2) weeks. If you know you will get incidental sun exposure, i.e., driving to and from work, walking from your car to the house, etc., we recommend physical avoidance of the sun in all treated areas, a protective hat and a full spectrum sun block of SPF 30 or higher.
- **DO NOT** use exfoliating medications, chemicals, or products on the treated areas for at least seven (7) days. After seven (7) days you may resume your regular skin care routine as long as the peeling has subsided. You may or may not peel and each treatment may be different.
- Tylenol® may be taken as necessary for discomfort. Ice packs may be used if desired.
- For best results and efficacy, **WE RECOMMEND A SERIES** of three (3) to six (6) treatments administered at two (2) to four (4) week intervals. You may notice immediate as well as longer term improvements in your skin.

Please contact Minnie Street Aesthetics at (507) 254-7072 if you have any questions, concerns, or compliments regarding your treatment.