



Thank you for visiting us at The Treatment. We look forward to seeing you again!

Post-Microneedling with PRFM Treatment Instructions

- Do not use aggressive products (scrubs/exfoliants) for 7 days after treatment and make sure to wear sun protection (The Treatment "On The Daily SPF 45" is ideal or SkinCeuticals "Sheer Physical UV Defense").
- Clean your face with a gentle cleanser only for the next 7 days.
- Redness or sensitivity might be present (and last up to a few days) after Microneedling.
- Tylenol only as needed for any soreness.
- Peeling may start 3-5 days after Microneedling.
- Do not pick or scratch at treated skin, but instead keep hydrated.
- Avoid strenuous exercise or sweating for 24-48 hours after Microneedling.
- May use cool compresses after procedure if excessive discomfort, burning, redness, or swelling. We recommend using SkinCeuticals Biocellulose Masques to help cool the skin and soothe redness.
- May use makeup after 24 hours. The longer you can go sans makeup, the better.
- Restart regular skin care regimen after 7 days
- Recommend follow up and repeat treatments in 4-6 weeks.
- For best results we recommend a series of 4-6 treatments.

4 Hours Post Microneedling with PRFM

Immediately following the procedure your skin will start to feel warm, tight and possibly dry. When you arrive home we recommend leaving the remaining PRFM on the skin for approximately 4 hours. After that time you may rinse with cool water, wash with a gentle cleanser, apply Hydrating B5 gel, Epidermal Repair, Treat Me Kind Cream or other approved products. This is a good time to use a SkinCeuticals Biocellulose Masque to soothe redness and cool down the skin.

Day 1

On the next day, you may clean your face with a gentle cleanser, use approved products. Stay away from exfoliants or glycolic acids that are present in cleansers as these can make your skin very dry after the procedure. If your skin feels warm and is red we recommend trying the SkinCeuticals Biocellulose Masque. Be sure to use an approved Physical sunscreen! (On the Daily or Physical Fusion). After 24 hours you may apply makeup, but we recommend waiting if possible.

Days 2 – 7

Within two (2) days following your Microneedling with PRFM procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply a hydrating cream such as "Treat Me Kind" Hydrating Cream by The Treatment or Epidermal Repair by SkinCeuticals, and Hydrating B5 Gel from SkinCeuticals. Days later, your skin will shed and feel dry. You may notice those tiny micro injuries to the skin feel rough, that is normal.

Days 7+

A week after the Microneedling with PRFM 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. You may resume your normal skin care routine.

Days 14+

After 2 weeks it is a good time to resume Derasweep and Dermaplaning treatments.

Please let us know if you have any questions or concerns prior to your appointment.

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