

Microneedling Collagen Induction Therapy Discharge Instructions

Patient Name: _____

Date of Treatment: _____

Post-Treatment Expectations

Immediately after the procedure, your skin will appear red, similar to a moderate sunburn. You may also experience skin tightness, mild swelling, and sensitivity. These symptoms typically subside within 24 to 72 hours.

Immediate Aftercare (First 24 Hours)

- Do not wash your face for at least 6 hours following treatment.
- Use only lukewarm water to rinse the treated area if necessary.
- Avoid applying makeup, lotions, or chemical sunscreens.
- Avoid strenuous exercise, sweating, saunas, and swimming pools.
- Do not touch the treated area with unwashed hands.

Days 1 to 5 Aftercare

- **Cleaning:** Use a gentle, non-exfoliating cleanser and lukewarm water.
- **Hydration:** Apply the recommended post-procedure serum or a bland moisturizer frequently to prevent dryness.
- **Protection:** Apply a mineral-based (Zinc Oxide or Titanium Dioxide) SPF 30+ sunscreen daily.
- **Avoid:** Do not use active ingredients such as Retinol, Vitamin C, AHAs/BHAs, or exfoliating scrubs for 5 days.

Important Safety Precautions

- Do not pick, scratch, or peel any dry skin; let it flake off naturally.
- Sleep with your head slightly elevated to reduce swelling.
- Avoid direct sun exposure for at least 10 days.

When to Contact Your Provider

Please contact us immediately if you experience any of the following:

- Fever or chills.

- Severe swelling or blistering.
- Excessive pain or burning sensations.
- Pus or yellow crusting at the treatment site.

Provider Contact Information: [Insert Phone Number/Email]

Follow-up Appointment: _____