

MICRONEEDLING WITH EXOSOMES

PRE AND POST CARE

Microneedling with Exosomes is a cutting-edge dermatology treatment that combines the collagen-boosting effects of microneedling with the regenerative properties of exosomes. This procedure helps to improve skin texture, reduce fine lines, diminish acne scars, and promote a more youthful, glowing complexion. Adding exosomes, which are cell-derived vesicles rich in growth factors, enhances the skin's healing and rejuvenation process.

Results from microneedling with exosomes typically appear over several weeks as new collagen forms. You may notice skin tone, texture, and overall vibrancy improvements, with full results becoming more noticeable within 4-6 weeks.

To achieve the best possible results, following all pre- and post-treatment care instructions is crucial. If you have any concerns or experience unusual symptoms, please contact our clinic for further assistance.

Pre-Treatment Care

- **Avoid sun exposure:** To help reduce the possibility of irritation, minimize sun exposure and avoid tanning for at least two weeks pre-treatment.
- **Stay hydrated:** Drink lots of water in the days leading up to your treatment to promote skin health.
- **Discontinue certain medications:** Avoid blood thinners, aspirin, or anti-inflammatory medications for at least one week before your appointment unless advised otherwise by your healthcare provider.
- **Avoid alcohol:** Refrain from consuming alcohol for 24 hours before your session to reduce the risk of bruising.
- **Clean skin:** On the day of your appointment, ensure your face is free of makeup, lotions, or creams.

Post-Treatment Care

After your microneedling with exosomes treatment, following these post-care steps will help minimize discomfort and maximize results:

- **Apply cold compresses:** Use cold compresses on treated areas for 10-15 minutes every few hours to reduce swelling and discomfort.
- **Avoid makeup:** Do not apply makeup for at a day after treatment to allow your skin to heal properly.
- **Moisturize regularly:** Use a gentle, hydrating moisturizer to soothe and protect the treated areas.
- **Avoid sun exposure:** Keep out of the sun for at least two weeks following treatment, and apply a strong sunscreen daily to protect the skin.
- **Limit physical activity:** The best way to reduce inflammation or irritation is to avoid heavy exercise or activities for 48 hours.
- **Avoid alcohol and smoking:** Refrain from drinking alcohol and smoking for 48 hours after the procedure to promote faster healing.
- **Skip exfoliation:** To avoid irritating your skin, do not use exfoliating products or harsh scrubs for at least one week.
- **Elevate your head:** Elevating your head while asleep can reduce swelling during the initial days following your treatment.

Feel free to contact our clinic if you have any questions or need assistance with your pre- or post-care routine. We're here to help you achieve the best results from your microneedling with exosomes treatment.