

EXCEED MICRONEEDLING POST-CARE INSTRUCTIONS

Fox Valley Plastic Surgery SC

Your skin may look and feel sunburned for the first 1-3 days. Redness, warmth, tightness, mild swelling, pinpoint bleeding, dryness, roughness, flaking, or mild tenderness can be normal.

FOR THE FIRST 24 HOURS

- Keep the treated area clean. Wash your hands before touching your skin.
- Wait until the time recommended by your provider before cleansing. Then use cool to lukewarm water and a gentle cleanser; pat dry without rubbing.
- Use only the post-treatment products approved or provided by our office. Avoid makeup unless your provider tells you otherwise.
- Do not pick, scratch, scrub, exfoliate, or use cleansing brushes on the treated skin.
- Avoid strenuous exercise, heavy sweating, hot showers, saunas, steam rooms, hot tubs, and swimming.
- Sleep on a clean pillowcase and keep phones, glasses, hats, and other items that touch the area clean.

FOR THE NEXT 3-7 DAYS

- Avoid retinoids/retinol, tretinoin, glycolic or lactic acid, salicylic acid, benzoyl peroxide, exfoliating enzymes, scrubs, alcohol-based products, and other irritating or active skin-care products until the skin is calm and no longer peeling.
- Use a gentle moisturizer as directed. Do not apply topical medications or new products unless approved by your provider.
- Avoid waxing, depilatory creams, facials, peels, laser treatments, and other procedures on the treated area until fully healed or cleared by our office.
- Do not shave the treated area until it is comfortable and there is no significant irritation.

SUN PROTECTION

- Minimize direct sun exposure while your skin heals. Wear a wide-brimmed hat and stay in the shade when possible.
- When your provider says sunscreen may be applied comfortably, use a gentle broad-spectrum sunscreen with SPF 30 or higher. Reapply as directed, especially when outdoors.
- Avoid tanning beds and intentional tanning. Sun exposure can increase the risk of prolonged redness or pigment changes.

CALL OUR OFFICE PROMPTLY IF YOU NOTICE:

Increasing pain, redness, warmth, swelling, pus or drainage, fever, blistering, a spreading rash, severe itching, cold-sore symptoms, unusual skin darkening or lightening, or any reaction that concerns you. Seek urgent medical care for trouble breathing, facial swelling, or signs of a severe allergic reaction.

RESULTS AND FOLLOW-UP

- Redness and swelling usually improve over several days, while dryness or flaking may last longer. Healing time varies with treatment depth and individual skin response.
- Improvement develops gradually as the skin renews and produces collagen. A series of treatments may be recommended for best results.
- Follow the specific instructions given by your treating provider, as they may differ based on your treatment area, treatment depth, and skin condition.

Questions or concerns? Call Fox Valley Plastic Surgery at (920) 233-1540.

These instructions supplement, but do not replace, the individualized guidance from your treating provider.