

# Post-Care Instructions for PDGF Microneedling Treatment

Platelet-Derived Growth Factor (PDGF-BB) Microneedling | Recovery Guide

Proper aftercare is essential to support healing, protect your skin barrier, and maximize collagen stimulation after PDGF microneedling. Following these instructions will help reduce irritation and improve your results.

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## What to Expect After Treatment

Normal responses may include:

- Redness similar to a sunburn (24–72 hours)
- Mild swelling or tightness
- Warmth or sensitivity
- Light flaking or dryness
- Skin may appear rough for several days as it renews

These reactions are expected and part of the healing process.

Contact the office if you experience increasing pain, pus, fever, or unusual swelling.

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## First 24 Hours

- Do not wash the treated area for at least 6–8 hours unless instructed otherwise
- Do not apply makeup
- Avoid touching or picking at the skin
- Avoid sweating, exercise, or heat exposure
- Avoid pets, dust, and unclean environments
- Sleep on a clean pillowcase

Only use products provided or approved by your provider.

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## First 48–72 Hours

- Cleanse gently with a mild cleanser and lukewarm water
- Use only gentle, barrier-supportive moisturizers
- Avoid active ingredients (retinol, acids, vitamin C, benzoyl peroxide, acne medications)
- Avoid sun exposure and always wear a hat if outdoors
- Apply mineral sunscreen once skin tolerates application (usually after 24 hours)

Do not exfoliate or scrub the skin.

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## Days 3–7

- Continue gentle cleansing and moisturizing
- Skin may begin to flake — do not pick or peel
- You may resume light skincare once sensitivity resolves
- Continue strict sun protection

Avoid facials, waxing, lasers, or exfoliation during this period.

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## After 7 Days

You may gradually resume normal skincare including active ingredients as tolerated unless instructed otherwise.

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## Healing Support Tips

- ✓ Stay well hydrated
  - ✓ Avoid alcohol for 24 hours
  - ✓ Avoid anti-inflammatory medications unless medically necessary
  - ✓ Use clean towels and pillowcases
  - ✓ Follow your recommended home-care plan
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## When to Contact Our Office

Please contact us if you experience:

- Signs of infection
- Cold sore outbreak
- Prolonged swelling beyond 5 days
- Concerns about healing

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Following proper aftercare helps optimize collagen production and ensures the safest, most effective outcome after PDGF microneedling.

Questions?

Our team is happy to help guide your recovery.