

## Collagen Induction Post-Treatment Home-Care Instructions

A. Cleanse hands well with soap and warm water or hand sanitizer before touching face while it is healing. To dry face, use fresh clean wash cloth each time and pat dry, don't scrub. If PRP was used do not wash off for 2-4 hours.

B. Wash your face thoroughly a few hours after treatment. Gently wash with tepid water and a gentle cleanser and remove all serums and other debris such as dried blood. This will improve the appearance of the skin and allow for better subsequent absorption of post-procedure products. Mineral makeup, tinted sunscreen or other make-up may be applied the following day.

C. For the first 1-3 days the skin will be very dry and feel tight. Some flaking is normal. Frequent use of epidermal repair, or other hydrating products will help alleviate this feeling. Use sunscreen daily.

D. After 2-3 days, or as soon as it is comfortable to do so you may return to regular skin care products.

E. On day 4, you may start CE ferulic/Phloretin CF Serum/or Phloretin CF gel to face each morning after cleansing. These are ideal for long-term use.

F. Avoid alcohol-based toners for 10-14 days.

G. Avoid direct sun exposure for at least 10 days if possible.

H. Use of TNS Recovery Complex twice daily supports collagen building beautifully. If you use or start TNS while recovering, start on day 2 post procedure.

### Recovery Timeline

Day 1: The appearance and severity of pinkness will vary but pink to red is expected. Swelling may be present and is expected. This can make the lower face wrinkles temporarily appear more prominent.

Day 2: A pink or red hue persists like a moderate sunburn. Swelling may be more notice

Day 3: Pink to normal skin color, swelling subsides