

## AFTER YOUR FACIAL

Right after your treatment, you may have tiny, pinpoint bleeding that will stop within a few hours. It's also normal to have mild sensitivity, tightness, itching, and irritation, a sensation of heat and mild to moderate redness for 24-48 hours after. If you still have these issues days later, give us a call.

If your face is bright red, or if you experience swelling, blistering, ulcers, pain or signs of infection, notify us immediately.

You should leave the plasma-rich platelets on your skin for 3-5 hours after your treatment. Then it's best to rinse skin gently, with water only, and pat—not rub—it dry. So, to reiterate, no harsh cleaners and no washcloths!

For a week or two after treatment, you should:

- \* Avoid the sun and only wear approved sunscreen.
- \* Avoid other facials (for at least two weeks)
- \* Wash your face with a gentle, Dr. Adams-approved cleanser
- \* Stop all exfoliating scrubs, including Clarisonic brushes
- \* Avoid picking and rubbing at your skin
- \* Avoid unapproved skin procedures (for two weeks)

If you use alpha hydroxy acid (AHA) products or bleaching creams, you can usually resume 5-7 days after treatment, but check with Dr. Adams to be sure. And don't hesitate to notify the clinic at 662-368-8602 if you have any questions or concerns.