



Post Treatment Instructions

Microneedling and Vampire Facial

The first 24-48 hours:

- Keep skin clean- use only a gentle cleanser and Hyaluronic acid (if appropriate) the night of the treatment
**Wait at least 4 hours after having a Vampire Facial treatment before cleansing*
- It is normal for your skin to feel warm or even hot in the first 12 hours
- The day *after* the treatment, you may:
 - cleanse with gentle cleanser
 - apply moisturizer
 - apply sunscreen
 - wear makeup

Things to avoid:

- Avoid applying irritating products to your skin (ie: retinol, alcohol, acid products)
- Avoid extreme heat to your skin
- Avoid exercise for 48 hours
- Avoid sun exposure
- Avoid anti-inflammatory medications (ie: ibuprofen, aleve, advil) for 3 days after your treatment

Individual instructions:

- _____
- _____
- _____
- _____
- _____

Warning: There may be some degree of swelling post treatment. However, if you have excessive swelling or signs of infection such as drainage that looks like pus, increased warmth at or around the treated area, or fever of 101.5 or greater, you should contact the office immediately at (616) 888-3100.