

THE GROVE SPA

& BOUTIQUE

Exosomes Microneedling Post-Treatment

Please follow this care plan closely in order to see the best results.

On the day of your treatment:

Immediately after your treatment, you will look as though you have a mild to moderate sunburn, and your skin may feel warm and tighter than usual. Keep in mind, these effects are normal and they typically subside within a few hours after treatment, but can take up to 24-48 hours for complete resolution.

24 Hours - 7 Days After:

- **Cleanse:** Use a gentle cleanser and tepid water to cleanse the face for 72 hours post-treatment, and gently dry the treated skin. Always make sure your hands are clean when touching the treated area.
- **Heal:** After your skin is clean and dry, we recommend the AnteAge® MD Serum and AnteAGE® MD Accelerator
- **Moisturize:** Use a gentle moisturizer. One containing Hyaluronic Acid is ideal as it will help rebalance your skin's moisture.
- **Protect:** Apply a broad spectrum SPF 30 or higher sunscreen to your skin. We recommend a chemical-free sunscreen. Keep in mind that you should continue to use a sunscreen everyday.

Avoid the following for 72 hours post treatment:

- Makeup
- Hot showers
- Intentional and direct sunlight
- Swimming
- Exercise or strenuous activity. Sweating and gym environments in general are harmful and filled with bacteria, which may cause adverse reactions in your skin.

Keep reading for more Post-Care Instructions.



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Exosomes Microneedling Post-Treatment Continued

Avoid the following for 1 week post treatment:

- Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C, scrubs or anything perceived as "active" skincare
- Powered cleansing brushes like Clarisonic

The number of microneedling treatments you will need depends on what your goal is and the severity of what we are treating. While you will see results with just one treatment, optimal results for wrinkles and hyperpigmentation take an average of 4 treatments. Acne scars may require more, depending on depth and severity. Microneedling can be performed every 4 weeks, which is the amount of time cellular turnover takes. You want to allow these cells to cycle before having another treatment otherwise you will be re-wounding skin that is about to turnover anyway. Additionally, the collagen production process can take up to 3 months to complete. Having treatments done more frequently will not speed this process up. Once you reach your desired results, it is recommended you have it done once every 3-4 months to maintain your appearance.



Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com