



a DOCS affiliate

Post-Care Instructions for Microneedling with ExoBalm

Day of treatment

Immediately after Exosomes have been applied to the treatment area you may experience dryness, tightness, burning and or warmth, you may use the Avene thermal spring water spray as often as needed. You will not cleanse or apply anything to your face for the rest of the day/night.

Morning regimen

-Cleanse with gentle mild cleanser using cool to lukewarm water, pat dry do not rub or wipe aggressively as your skin is still healing.

-Once your skin is completely dry you may apply a dime size amount of your ExoBalm using sterile spatula that will be provided for you. Do not use your hands to scoop out the balm as it will become contaminated.

-Apply mineral based sunscreen to treatment area. No make up can be applied yet at this point.

Nightly regimen

-Cleanse with gentle mild cleanser using cool to lukewarm water, pat dry do not rub or wipe aggressively as your skin is still healing.

-Apply hydrating sheet masque leave on the face for 20-30minutes. Do not rinse after masque has been removed, if there is any residual serum left on the skin after removal let the serum fully absorb into your skin before moving onto last step.

-Once your skin is completely dry apply a dime size amount of your ExoBalm using sterile spatula.

Recommendations

- Clean all pillowcases, makeup brushes/sponges, and sunglasses/readers.
- You may resume wearing makeup on day 4
- You may resume everyday skincare regimen on day 7 as long as no excessive dryness and or irritation is still present.
- You may continue the usage of your ExoBalm morning and night if desired.
- ExoBalm must stay refrigerated at all times. Once your ExoBalm has been mixed by your esthetician it is good for up to 21 days.

If you have any questions or concerns, please call our office at 586-286-0997