








Regenerative PRP & Exosomes Micro CO2 Post Care Instructions

General expectations:

- Avoid direct sunlight and keep skin moist and cool to aid healing
- Avoid environmental irritants during healing process (eg, dust, dirt, aerosols, cleaning agents)
- Avoid dryness and excessive heat (no cooking with steam or vigorous exercise during healing process)
- Stay hydrated, eat healthy foods and avoid alcohol
- Redness and a sunburn-type sensation normally lasts several hours
- Neck redness is more persistent and will usually last longer than face redness
- Face will normally bronze and peel within 3-5 days (Note: neck and chest normally requires 2-3 weeks and arms and hands require 3-4 weeks to heal)
- Results will continue to improve after initial healing period, expect full results after 3 sessions
- Make Sure to wash your hands thoroughly before touching laser treated areas
- Buy a new hat. Do not wear old hats or ball caps after treatment, they may carry bacteria.
- Put on freshly laundered clothing each day if the neck and chest were treated.
- Put freshly washed sheets and pillowcases on the bed just prior to treatment.
- Male patients may not shave for one week post treatment. When they do they will need a new razor blade to prevent infection.**

<p>CO2 Post Care Kit : Gentle Cleanser Briotech Topical Skin Spray - provided one 8oz bottle for all series of micro Dermatitis cream Aquaphor Sunscreen PRP/Exosomes- Put into fridge prior to application Brightening Vitamin C serum- Travel Size</p> <p> Day of Treatment –</p> <ol style="list-style-type: none"> 1. Keep face cool, avoid direct sunlight for the remaining of the day 2. Do not wash face until next morning 3. Apply remaining PRP/Exosomes to the treated area 4. Sleep with head slightly elevated <p>Day 2-5 - Start Briotech Topical Skin Spray 3-5 times daily.</p> <p> Morning: Wash with Gentle Cleanser Spray skin with Briotech Topical Skin Spray Apply Thin Layer of Dermatitis cream Apply Thin Layer of Aquaphor Apply Clear or Tinted Zinc SPF (re-apply every 2 hours if outdoors)</p> <p> Evening: Wash with Gentle Cleanser Spray skin with Briotech Topical Skin Spray Apply Thin Layer of Dermatitis cream Apply Thin Layer of Aquaphor</p>	<p>Day 6 - You may return to your normal skincare regimen, but <u>Avoid RETINOL Products until Day 14.</u></p> <p>To Maintain Healthy and Glowing Skin, Our Recommended Skin Care:</p> <p> Morning: Wash with Gentle Cleanser Apply Growth Factor Serum Apply Vitamin C serum Apply Non-retinol Eye cream (optional) Apply Moisturizer or Hyaluronic Acid serum (optional for drier skin types) Apply Mineral Tinted or Clear Spf 30+</p> <p> Evening: Wash with Gentle Cleanser Apply Growth Factors Apply Retinol or Retinol alternatives (<u>Avoid until day 14</u>) Apply eye cream (optional) Apply Moisturizer or Hyaluronic Acid serum</p> <p>Ask us about our favorites - We are happy to help!</p>
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