

RECOMMENDATIONS AFTER MICRO-NEEDLES NANOPORE



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FOLLOWING THESE RECOMMENDATIONS AFTER THE PROCEDURE AIMS TO PREVENT DISCOMFORT AND / OR COMPLICATIONS SUCH AS: pain, inflammation, appearance of bruises and spots. For these reasons we recommend the following:

1. Discomfort and pain

After the Nanopore procedure, a minimal sensation of pain or burning may persist, which can be controlled by taking acetaminophen 500 mg every 8 hours. Most patients report that this discomfort is temporary (1 day). Avoid taking non-steroidal anti-inflammatory drugs such as ibuprofen, naproxen, or diclofenac.

- During bathing do not use soaps on the treated area, just let plenty of water at room temperature run down.

2. Inflammation and redness

Microneedle treatment can cause inflammation. Most of it disappears in the first 24 hours. For a few days, small spots of blood or small scabs may also be visible at the sites where the procedure was done. Avoid removing scabs and scratching the treated area.

To help inflammation and redness resolve quickly:

- Do not apply creams, gels, moisturizers (facial routine products) for 7 days after the procedure, except a gentle facial cleanser and sunscreen.

- Do not exercise the same day of the procedure, you can resume exercise on the next day.
- Avoid entering saunas, swimming pools or steam baths for the next 7 days.

3. Bruising

Occasionally bruising may occur at sites of the treated area. The bruises may take a few weeks to disappear, having a normal evolution in color change.

To prevent bruising and promote resolution, keep in mind:

- Apply cold water compresses 3 times a day for 1 to 3 minutes. Prepare it by mixing a teaspoon of white vinegar in a liter of water and keep refrigerated.
- In case of bruising after the procedure, the specialist will recommend creams with vitamin K or pentosan sodium polysulfate every 12 hours until they disappear.
- Avoid sun exposure until it disappears, as this reduces the risk of spots and patches.

4. Pigmentation (appearance of spots)

Occasionally, some patients may have a tendency to present spots after these types of procedures, which is known as post-inflammatory hyperpigmentation. To prevent it:

- Avoid being in the sun for the next 7 days.

- Make sure you have sunscreen on the areas treated with Nanopore, repeat the application every 4 hours.
- In case of persistence, you can inform the treating doctor so that she can formulate the appropriate medication to treat them.

5. Alarm signs

If days after the procedure, you present:

- Fever identified with a thermometer.
- Shivering or chills.
- Redness, pain, and warmth at the treated site.
- Purulent material in the treated site.
- Pain that is not controlled with the recommended medication.
- Presence of hematoma.
- Any other signs or symptoms that concern you.

Please contact us at the support doctor's cell phone:

323-225-1183 from Monday to Friday from 7:00 a.m. at 6:00 p.m. and Saturdays from 8:00 a.m. at 1:00 p.m. In case you think it is an emergency, you should go to the nearest emergency service. Avoid self-medicating.

6. Follow up

Generally, the specialist who performed the procedure will schedule a review appointment.

This type of treatment often requires several sessions.

Please report any adverse event, incident or complication, through any of the following:

- Directly with our staff.
- Supporting physician cell phone: 323-225-1183
- Calling the phone (604) 444-35-37 extensions 106 and 112.



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