



Dream Aesthetic  
by Dr. Ortiz

## YOUR POST CARE INSTRUCTIONS

### ***RF MICRONEEDLING/PDRN***

Thank you for choosing **Dream Aesthetic by Dr. Ortiz**. Your RF Microneedling session included **PDRN (Polydeoxyribonucleotide)** infusion to support collagen regeneration and tissue repair. To maximize your results and protect your skin's healing process, please follow these aftercare guidelines:

#### **WHAT TO EXPECT:**

- Mild redness and heat sensation, similar to sunburn, lasting 1–3 days
- Minor swelling or tightness
- Tiny scabs or pinpoint crusting may appear—this is part of the healing process
- Gradual skin rejuvenation and glow improvement over the next few weeks

#### **FIRST 24–72 HOURS – DO'S:**

- Gently cleanse your skin with a **fragrance-free, hydrating cleanser**
- Apply a **non-active, healing moisturizer** to support barrier recovery
- Use a **broad-spectrum SPF 30+** daily—essential for healing and pigment protection
- Sleep on your back with head elevated to minimize swelling
- You may use a **cool compress** wrapped in clean gauze if needed for comfort (no ice directly on skin)

#### **WHAT TO AVOID (FOR 48–72 HOURS):**

- Touching or rubbing the treated area
- Applying makeup (especially foundation or powders)
- Sun exposure, tanning beds, or hot environments (saunas, steam rooms)
- Intense physical activity or sweating
- Harsh skincare products (scrubs, acids, retinol, Vitamin C)
- Alcohol and smoking, which can impair healing

#### **IMPORTANT NOTE ON PDRN:**

PDRN was delivered **during** your RF Microneedling treatment via controlled micro-infusion. There is **no need to apply additional PDRN serums post-treatment**. The skin will continue regenerating naturally over the coming weeks.

#### **CALL US IMMEDIATELY IF YOU EXPERIENCE:**

- Severe pain, heat, or burning
- Unusual discoloration (purple or red patches)
- Persistent swelling or yellow discharge

#### **FOLLOW-UP & MAINTENANCE:**

We recommend a series of RF Microneedling sessions for best long-term results. Most clients benefit from 3–4 sessions spaced 4–6 weeks apart.

📞 **Book your next session: (346) 539-2104**