

SANCTUARY PLASTIC SURGERY

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MICRO CORING INSTRUCTIONS

Micro Coring Shopping List

Things you will need: (Please purchase these items before your scheduled procedure)

1. 1 bottle of Hydrogen Peroxide
2. 4 X 4 Gauze
3. Cetaphil "Gentle Liquid" Cleanser
4. Aquaphor
5. Cetaphil Moisturizer

Micro Coring Post Treatment Instructions

- Clean face with Cetaphil cleanser (or mild soap) and water
- You may use peroxide to help remove dried blood
- Apply Aquaphor for 24 hours
- If after 24 hours the area is a bit dry, use Cetaphil moisturizer or another mild moisturizer
- Stay out of the sun until completely healed and USE SUNSCREEN.
- You may shower as normal and exercise as normal after 24 hours
- If bleeding persists apply pressure with a 4x4 for approx. 10-15 mins until bleeding stops

* Do not resume normal skin care in area treated until you receive for further instructions

****** DO NOT USE ICE ON YOUR SKIN ******