

# MICRONEEDLE + MSC EXOSOME FACIAL Protocol



## Objective:

This protocol is designed for licensed estheticians performing microneedling treatments using Advanced Biologics MSC Exosome Gel or Serum. Medical professionals can follow the same steps with deeper penetration where appropriate. The treatment is effective for clients seeking anti-aging benefits, reduced fine lines and wrinkles, improved skin tone, smaller pores, skin tightening, reduction of brown spots and under-eye bags, and an overall healthier complexion.

## Pre-Treatment Protocol

### Client Consultation & Skin Preparation

#### 1. Medical History & Consent:

- Assess contraindications (see below).
- Obtain signed consent.

#### 2. Skin Assessment:

- Identify skin type, concerns, and target areas.
- Determine the appropriate microneedling depth (0.25mm to 2.5mm based on treatment area).

#### 3. Pre-Treatment Instructions:

- Avoid retinoids, acids (AHA/BHA), and exfoliating products for 5-7 days prior.
- Stop blood thinners, NSAIDs (aspirin, ibuprofen), and alcohol for 48 hours before.
- Avoid sun exposure/tanning beds for at least 1 week prior.
- Clients prone to cold sores should take an antiviral (Valacyclovir) 2 days before treatment.

#### 4. Skin Preparation (Day of Treatment):

- Cleanse the skin with a gentle, non-exfoliating cleanser.
- Degrease using alcohol or acetone-based prep to remove oils.
- Apply numbing cream (if applicable, per state regulations) and allow 20-30 minutes for effectiveness.
- Remove numbing cream and cleanse the skin thoroughly.

## Treatment Protocol

### Microneedling Procedure

#### 1. Select needle depth based on the treatment area:

- 0.25mm-0.5mm: General product absorption, eyelids, and under-eye area.
- 0.5mm-1.0mm: Fine lines, superficial rejuvenation, and light pigmentation.
- 1.0mm-2.5mm: Deeper wrinkles, acne scars, and overall tightening (where permitted by licensure).
- Note: Deeper penetration yields better results, but discomfort may increase.

## Treatment Protocol (con't)

### 1. Apply Advanced Biologics MSC Exosome Gel or Serum:

- Use at least 1mL per treatment (clients may opt for more).
- Spread evenly over the skin in small sections.
- Reapply as needed throughout the procedure.

### 2. Microneedling Technique:

- Work in small sections, moving in horizontal, vertical, and diagonal passes.
- Ensure even pressure without dragging.
- Reapply exosome serum frequently to maximize absorption.

### 3. Post-Microneedling Application:

- Apply another layer of Advanced Biologics MSC Exosome Gel or Serum for enhanced healing.
- If needed, apply a cooling mask or LED light therapy for 10-15 minutes to calm the skin.

## Post-Treatment Protocol

### Immediate Aftercare

- Avoid touching the face for at least 4 hours.
- No makeup or SPF for at least 24 hours.
- Avoid hot showers, saunas, and sweating for 48 hours.
- Apply a gentle, hydrating serum or barrier repair cream as needed.
- Use a mineral-based SPF 30+ starting the next day.

### Home Care Instructions (First 7 Days)

#### 1. Days 1-3:

- Wash with a gentle, sulfate-free cleanser.
- Apply a hydrating serum or exosome serum to speed healing.
- Avoid exfoliating products, retinoids, and active ingredients.
- Keep skin moisturized and protected from the sun.

#### 2. Days 4-7:

- Resume regular skincare except for retinoids and acids (wait 10-14 days).
- Continue applying exosome serum as desired.
- Apply SPF daily and avoid excessive sun exposure.

## **Treatment Frequency**

- Exosomes don't "wear off" they repair damaged cells.
- Clients may return in 30-60 days, but it is often not necessary if they take good care of their skin.
- Lifestyle factors (sun exposure, smoking, alcohol, drug use) will cause other skin cells to get damaged which they may find that they will need more frequent treatments.

## **Contraindications & Precautions (pertaining to microneedling)**

### **Do NOT perform microneedling if the client has:**

- Active skin infections (herpes, acne breakouts, fungal infections, etc.)
- Open wounds, cuts, or active eczema/psoriasis in the treatment area
- A history of keloid scarring
- Severe rosacea or very sensitive skin
- Blood clotting disorders or use of blood thinners
- Pregnancy or breastfeeding (as a precaution)
- Recent Botox, fillers, or chemical peels (must wait at least 2 weeks)
- Immunosuppressive conditions or medications