

Microneedling Post Treatment Instructions

- 1. Minor pain and/or discomfort of elevated warmth and tightness can be experienced within the first 1-3 hours post-procedure. Temporary redness and swelling, similar to a moderate to severe sunburn is normal for 1-3 days post treatment.** You may take acetaminophen for pain but avoid taking naproxen, ibuprofen or other NSAIDS as they can increase risk of bruising.
- 2. The skin will feel tight and dry for the first three days post treatment.** Some skin might scab or flake after 3 days post procedure. It should not be touched or picked on to avoid any infections. Let it fall off naturally.
- 3. You will be provided with post-procedure skincare following the treatment to help soothe, calm, and protect the skin.** Avoid topical treatments with actives or acids and alcohol-based toners for 3 to 7 days after treatment
- 4. You may return to regular skin care products approximately 3 days post procedure or as soon as your skin is tolerable to application.**
- 5. Avoid tanning beds, direct heat and sunlight for 7 to 10 days, use sunscreen at all times. Avoid swimming pools, hot tubs and saunas for 48 hours post treatment**
- 6. No vigorous activity for 48 hours.**
- 7. Day of Procedure:** After your procedure, you may apply topicals to soothe, hydrate, and protect the treatment area. Do not apply makeup the same day of treatment. Use tepid water to cleanse the treatment area thoroughly while gently massaging to remove debris. Carefully pat dry, without rubbing.
- 8. Day 1-3:** The next day, you may clean your face with a gentle cleanser and apply lotions and topical products recommended by your practitioner. Be sure to apply sunscreen and avoid direct sun exposure. Do not apply chemical based and/or fragranced cosmetics, skin care products, or makeup.
- 9. Day 4-7:** Within the week following your microneedling procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer, sunscreen, and/or makeup (if necessary).
- 10. Your next treatment is recommended for 4 weeks from today.**