



Post Micro-Needling Instructions

What can be expected: After your Micro-Needling treatment, please be aware and observe the following:

- Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after 1 to 2 hours and will normally recover within the same day or 24 hours. You may see slight redness after 24 hours, but only in minimal areas or spots.
- Your Provider/ Aesthetician will prescribe post procedure skincare products after the procedure to help soothe, calm and protect the skin. Continue to use for 3 days. Your usual skincare regimen can be resumed again after day 3.

Home Instructions: Be certain to adhere to the following post-treatment instructions.

- **CLEAN:** Use a soothing facial cleanser with tepid water to cleanse the face for the following 48 hours and gently pat dry the treated area. Always make sure that your hands are clean while touching the treated area.
- **HYDRATE:** Following your treatment, your skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to perfect balance.
- **STIMULATE:** In the days following the treatment, your skin starts to regenerate collagen, elastin, and proteins in the treated area.
- **MAKE-UP:** It is recommended that make-up should not be applied for 12 hours after the procedure. However, your Provider/Aesthetician may be able to supply you with specialized mineral make-up suitable for your skin. Do not apply any makeup with a makeup brush, especially if it is not cleaned.
- **PROTECT:** Immediately after your procedure, apply a broad-spectrum UVA/UVB sunscreen with an SPF 30 or higher. A chemical-free sunscreen is highly recommended.

What to avoid: To ensure the proper healing environment, be certain to observe the following:

- Avoid direct sunlight and tanning beds for 24 hours.
- Avoid any products with Alpha Hydroxy Acid, Beta Hydroxy Acid and Retinols for 24 hours.
- Avoid strenuous activity, swimming or exercise for the first 24 hours post- treatment.

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- Avoid facial treatments for two weeks post-treatment such as chemical peels, microdermabrasion, laser treatments, laser hair removal, and waxing.

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