

POST MICRONEEDLING - CLIENT INSTRUCTIONS

After your treatment:

Avoid sun exposure, tanning beds and self-tanning lotions for at least 72 hours. Use daily topical sunscreen of at least 30 daily. Do not go outside without sun protection even on a cloudy day.

Avoid strenuous exercise or excessive perspiration, as excess blood flow and sweat can cause discomfort and irritation to compromised skin. This includes saunas and hot water until redness is gone.

No swimming for 24 hours post treatment.

Avoid use of any topical products not provided by your skincare professional for 5-7 days. This includes but is not limited to cleansers, sunscreens, and moisturizers.

Do not tweeze or wax the treated area at least one week after your treatment.

You may apply makeup 12-24 hours after treatment. Mineral makeup is optimal. If using makeup brushes make sure they are clean.

Cold compresses may be applied for comfort.

No scratching or rubbing the skin as this can create scarring.

Avoid anti-inflammatory medications unless prescribed by your physician, as they can interfere with the healing process.

Drink plenty of water.

What's to be expected / Homecare Regimen

Sunburn like effect is normal for 1-3 days.

The skin may feel tight, dry, swollen, and sensitive to touch.

Day 1:

Skin will be erythematous and flushed after treatment. Apply hydrating products, hyaluronic acid or other post care soothing products.

Wait four hours before using any water on the face.

Day 2-5:

Use a gentle cleanser and blot dry. Never rub the skin.

Continue with hydrating and calming products to keep the skin hydrated, along with cytokines/growth factors twice daily.

Use topical SPF 30 or higher for sun exposure starting day 2.

Use Oral Collagen to assist in rebuilding cells during the healing process.