

MICRONEEDLING

PRE AND POST CARE

POST-TREATMENT CARE:

- After microneedling your skin will be red and you may see dried blood. The redness is similar to if you had a moderate sunburn. Redness should begin to resolve within 24-48 hours.
- You may experience swelling, burning, itching, bruising, soreness, skin tightness, flakiness, sensitivity and dryness. It may take up to 5-7 days for the skin to heal depending on the extensiveness of your treatment.
- Make sure to wash your face with only cool water and a mild cleanser (for sensitive skin) and pat skin dry.
- Mineral based sunscreen of SPF 30+ should be applied and reapplied every 60-90 minutes while outdoors.
- Use gentle skincare products. Use ONLY your post-treatment products for the first four days after your treatment. No vitamin A products for 7 days post treatment (Retin A, Retinol, Tretinoin). No exfoliating medications, toners, harsh chemical products or devices for at least 7 days post treatment. No chemical peels for 14 days post treatment.
- Treatment of Pain/Discomfort. Ice packs and Tylenol can be used if you are feeling discomfort or swelling. Do not use anti-inflammatory medications such as Motrin or Ibuprofen as they may decrease the desired inflammatory benefits of micro-needling.
- Bruising and Swelling. Eat fresh pineapples or drink pineapple juice to minimize bruising and swelling. Arnica supplements can be taken to help with any bruising.
- No sun exposure. Avoid direct sun exposure for at least 14 days, ideally 30 days after the procedure. This also includes avoiding tanning beds or self-tanning products.
- Do not pick at skin. No picking at any flaking skin or scabs and avoid using any exfoliating skincare products.
- Shaving. Do not shave for 3 days after procedure and longer if the skin is still irritated.
- Exercise and Heat. No sweating, exercising, jacuzzi, sauna or steam bath until skin irritation has resolved (3-7 days).