



Post Care for Microneedling

RECOVERY TIMELINE

Day of Treatment: Erythema and red appearance and severity will depend upon how aggressive the treatment was performed. You will notice some Petechiae which are tiny purple, red, spots on the skin, this will last about 48 hours.

For the first 1-3 days the skin will be very dry and feel tight.

Day 2: A red hue or pink hue persists like a moderate sunburn. Swelling may be more noticeable on the second day.

Day 3: Skin can be pink or normal color. Swelling subsides.

Microneedling Post Care Kit: Gentle Cleanser Phyto Corrective Serum Moisturizer Dermatitis cream - small pot provided to be used nightly until completion about 2-3 days SPF <u>Upgrade your Microneedle treatment to Regenerative:</u> [] Topical Exosomes or Platelet Rich Plasma - Store in refrigerator ☺ Day of Treatment – Regenerative Microneedle (follow these steps day of appointment) 1. Keep face cool, avoid direct sunlight for the remaining of the day 2. Do not wash treated area until next morning 3. Apply if any remaining Exosome/PRP to the treated area (most of time we apply all of this in office) 4. Sleep with head slightly elevated ☺ Day of Treatment – Standard Microneedle 1. Keep face cool, avoid direct sunlight 2. Wash with Cleanser, pat dry 3. Apply Corrective Serum 4. Apply Dermatitis cream 5. Apply Moisturizer 6. Sleep with head slightly elevated	Day 2-5 ☀ Morning: Wash with Cleanser Apply Corrective Serum Apply Moisturizer Apply SPF ☺ Evening: Wash with Cleanser Apply Corrective Serum Apply Dermatitis Cream Apply Moisturizer Avoid alcohol-based toners for 10-14 days. Avoid direct sun exposure for at least 10 days if possible Day 6 – Return to your normal skin care regimen **Please contact us with any concerns post treatment **
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Aftercare Tips for Microneedling Treatment

DO NOT EXPOSE YOURSELF TO THE SUN

After you have undergone your microneedling procedure, stay out of the sun. Use ONLY MINERAL based sunscreens - No chemicals.

Post procedure, the skin channels are completely open, and any toxins contained in topical applicants may be harmful to you.

DO NOT USE ANY “ACTIVE INGREDIENT” SKIN PRODUCTS FOR THE 1ST 48 HOURS

Post procedure, avoid any skin care product that has active ingredients.

These commonly include things like Alpha Hydroxy Acids, Retinol and other similar agents.

The skin will be highly sensitive and these products will only irritate the skin further.

USE COLLAGEN STIMULATING PEPTIDES

As microneedling serves to stimulate the production of collagen, the skin needs higher amounts of collagen than normal to recover optimally.

Collagen Stimulating Peptides assist in that process, further aiding in the stimulation of collagen production.

AVOID THE USE OF MAKEUP AFTER TREATMENT FOR 48 HOURS

It is imperative that you let your skin “breathe” and recover for 24 hours after the procedure.

The skin channels are open, and using a makeup brush can penetrate the pores, especially if they are very thin, causing further irritation.

Using a makeup brush that has been used before can contaminate the skin and, consequently, lead to infections.

Wait 48 hours before you apply face makeup to give your skin the necessary recovery time.

AVOID SWEATING

As you sweat the pores of your skin will reopen, and the bacteria on your skin may enter the skin punctures.

This can lead to either a reaction or infection.

DRINK WATER – It is important to stay hydrated before and after your procedure to help your skin heal and rejuvenate faster.