



## MICRONEEDLING Post-Treatment Instructions

---

- Do not wash face until the following morning.
  - After 48 to 72 hours following treatment client can return to regular skin care regimen.
- Do not use sunscreen for 12 hours following treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.
- For at least 2 hours post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Wear SPF 30 or above at all times.
- Avoid any intentional or direct sun exposure or heat for week.
- Do not go swimming for at least 24 hours post-treatment
- Mineral makeup is advised, no other makeups for the first 48 hours.
- Immediately following the procedure the skin will feel tight, dry, swollen, and sensitive to the touch. It'll also look and feel sunburned. The sensitivity and redness will diminish significantly within 24 hours.
  - The skin may look and feel like sandpaper; these effects generally last 2-7 days as the treated skin flakes off and is replaced by new tissue.

*Best results are seen if done in a series of 3, spaced 4 - 6 weeks apart and then every 6 months for maintenance.*