

### **Post Treatment Instructions**

There may be some bleeding during the treatment which is temporary. There may be some mild discomfort during the procedure, and we use an anesthetic cream to provide relief. There may be some residual numbness which will resolve over 3-4 hours.

Immediately after your micro-needling procedure, we will apply moisturizer and/or sunscreen topically. Avoid sun tanning and prolonged exposure to direct sunlight.

When exposed to sun, always use sunscreen SPF 30 or above.

Do not have prolonged, direct sun exposure for at least 10 days after your treatment.

Do not use anti-inflammatory medications such as Ibuprofen, Motrin or Advil for pain relief. In the rare event you experience pain that necessitates relief, please use Tylenol for any residual discomfort. These anti-inflammatory medications will interfere with the natural inflammatory process that is crucial to achieving skin rejuvenation with microneedling.

You may clean your face with a gentle cleanser before bed.

#### **Important considerations after your treatment:**

- Redness or sensitivity might be present (and last up to a few days) after treatment
- Peeling may start 3 - 5 days after treatment. Do not pick or scratch at treated skin, but instead keep the area moisturized
- Avoid strenuous exercise or sweating for 24 hours due to healing microchannels in your skin
- Treat skin gently. Wash with a gentle cleanser, cool water, using clean hands only, and pat dry, no earlier than the evening after your treatment.
- You may use cool compresses for excessive discomfort, burning, redness, or swelling
- Avoid prolonged, direct sun exposure for at least 10 days after your treatment. When exposed to sun light, apply a minimum of SPF 30 sunscreen, every 2 hours
- You may use mineral-based makeup after 24 hours; please wait 7 days before using any heavier make up varieties
- Resume your regular skin care regimen 48 hours after treatment and Retin A can be applied 72 hours after treatment
- We recommend repeating your treatment in 4-6 weeks, and for best results a series of 3-5 treatments spaced 4-6 weeks apart

### **Day by Day After Care Instructions and Expectations:**

**Day 1:** On the day after your procedure, you may clean your face as usual and apply makeup, lotions and other topical products as usual. Stay away from exfoliants or glycolic acids typically present in cleansers, as these exfoliants can make your skin very dry. Be sure to use an approved SPF 30 or greater sunscreen every day, with repeat applications every 2 hours during prolonged exposure to sunlight.

**Days 2 - 7:** Within two (2) days following your micro-needling procedure, you will notice skin dryness and flaking due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer. Your skin may also start flaking. These flakes are skin cells that would regularly shed every week, but microneedling brings these skin cells to the surface sooner; during this temporary process, your skin will shed and be more dry than normal. You may use your regular skin care products, once your skin is not irritated, typically after 48 hours.

**Days 7+:** A week after microneedling treatment(s), most patients notice that their skin is smoother and more radiant. Continue with sun protection every day, and reapply every 2 hours while exposed to sunlight.