

## **Mirco-needling Post-Treatment Expectations & Instructions**

Day 1: Skin will be red and flushed after treatment, depending on the intensity of the treatment. Pinpoint bleeding may occur. Do not apply makeup for at least 12 hours.

Day 2: A red or pink hue persists like moderate sunburn. Swelling and slight bruising may be more noticeable on the second day. Minor scratches may be visible. Apply moisturizer as needed.

Day 3: Skin can be pink or normal color. Swelling subsides. Then skin can feel dry or feel tight. A slight outbreak of acne or milia (tiny white bumps) is possible. Light peeling usually occurs in about three days and will be replaced with brand new skin.

### HOME CARE

- Wash with a gentle cleaner using your fingers only. Gently massage the face with lukewarm water. Remove serum and other debris such as dried blood. Do not scrub, use a wash cloth or soft brush.

- Cleanse areas treated twice a day. Do not use exfoliating products for 72 hours.

- Cold compress may be applied following treatment for comfort. If neck or décolletage are treated. The redness might last slightly longer apply 1% Hydrocortisone cream or Benadryl spray or gel on treated areas to reduce itching or redness.

- Do not exercise for 24 hours after treatment

- Avoid saunas, steam rooms, hot baths or showers until redness is gone

- Continue to avoid sun exposure to the treated areas and apply a broad spectrum sunblock with SPF 30 or higher. Apply every 2 hours of sun exposure.

- After 2-3 days you can return to regular skin care products or as soon as it is comfortable to do so

- Mineral makeup may be applied the following day

- Avoid strenuous exercise for 2-3 days after the treatment

- Avoid waxing, facials, Botox, injections, fillers or any other skin care treatments for at least 2 weeks after treatment

- New cell regeneration requires at least 6-8 8oz glasses of water a day (if you already drink that increase by 2 glasses)

- If skin becomes painful, swollen, red or inflamed - Please notify us 623-680-2818