

## **Microneedling Post Treatment Instructions:**

What to expect after the treatment:

Day 1: Skin will be red and flushed after micro-needling, 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. The skin can feel tight or dry. 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.

-You may wash with a gentle cleanser later today using your fingers only (we recommend Cerave).

Gently massage the face with lukewarm water. Remove serum and other debris such as dried blood. Do not scrub, use a washcloth or a skin care brush. Cleanse treated areas twice a day. Do not use exfoliation products for 72 hours.

-The morning after wash your face, apply a SPF of 30 or above.

-You may apply make-up after 24 hours, over the serum and sunscreen

-During the next two weeks, it is recommend that you avoid direct sun exposure to let your skin heal

-Cold compresses may be applied following the treatment for comfort

-Do not exercise for 24 hours after the treatment. Avoid saunas, steam rooms and hot baths or showers until the redness is gone.

-Avoid waxing and any other skin care treatment for two weeks following the treatment.

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

-If skin becomes painful, swollen, red or inflamed, please notify us immediately as this may represent an infection or allergic reaction that ay require treatment.

Please call our office with any questions or concerns. 978-697-0809