

A sunburn-like effect is normal for 1-3 days. Severity of redness will depend on how aggressive the treatment was performed. The skin may feel tight, dry, swollen, and sensitive to the touch. The skin may appear darker and this should flake off within 1 week. Avoid picking or exfoliating the area and allow old skin to flake off naturally.

### **After Care Regimen:**

- Do not go swimming for at least 24 hours post-treatment
- No exercise that causes sweating, Jacuzzi, sauna, or steam baths until the skin is healed (usually 24-48 hours)
- Do not use makeup or sunscreen for 24 hours post- treatment
- Do not use exfoliating medications such as Alpha or Beta Hydroxy Acid, chemicals, or retinol products on the treated areas for at least 1 week, and until the skin appears completely healed.

### WASHING:

-Wash the treated area with lukewarm water only, for the first day, starting in the morning after the procedure is done. Can use products with hyaluronic acid serum or growth factors. Can resume sunscreen.

- On days 2-3 wash with a gentle cleanser, like cetaphil wash. Can use products with hyaluronic acid serum or growth factors. On days 4+, resume normal routine

### PRODUCTS:

-As microneedling serves to stimulate collagen and growth, the skin benefits from higher amounts of collagen than normal to recover optimally. We recommend our Hyaluronic Acid Serum or peptide growth factors,

It is important to apply every 3 hours for the first 24 hours after the microneedling. These can also be continued twice a day for the first week.

-Do not use exfoliating medications, chemicals, or retinol products on the treated areas for at least 1 week, and until the skin appears completely healed.

### SUNSCREEN:

Sun exposure must be minimized after your treatment. If you know you will get incidental sun exposure, we recommend using a protective hat or a scarf.

Do not use sunscreen for the first 24 hours after the procedure.

After 24 hours, use a broad spectrum physical sunscreen every morning, with reapplication throughout the day as needed.