

## MICRONEEDLING POST-PROCEDURE CARE

Vaseline or hyaluronic acid serum may be applied to the skin after the procedure. It is important to the health of your skin and the success of your procedure that you follow the recommendations listed below.

### 1. Redness

Immediately after your treatment, you will have redness that may look as though you have a sunburn and your skin may feel warm, tight, and have mild swelling. These side effects are normal and typically diminish within 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots. If too uncomfortable, you may apply hydrocortisone cream twice daily for 1-3 days after the procedure.

### 2. Moisturization and Vaseline application

We recommend the use of Vaseline to be applied to the face at least three times a day until the skin is no longer rough and dry in texture. Additionally, you may apply a moisturizer of your choice that is hydrating to the skin whenever you feel it is tight, dry, or rough.

### 3. Sun Protection and Avoidance.

Avoid intentional and direct sunlight for 48 hours. Your skin is more sensitive to the sun immediately following your treatment and sun avoidance is crucial for success results. Sunscreen with an SPF of at least 30 may be started 24 hours after the microneedling procedure and should be used daily.

### 4. Gentle Cleansing

The treated area may be washed gently with a mild soap without use of exfoliating agents. Skin should be patted dry & not scrubbed.

### 5. Peeling

Peeling may start 3-5 days after the treatment. You'll notice skin dryness and flaking which is due to an increased turnover of skin cells. DO NOT pick, scratch, or scrub at treated skin!

### 6. Avoidance

Avoid make up use for 24 hours. Do not apply prescription topical medicines, retinoid/retinol creams, bleaching creams, or prescription face washes until irritation and redness has resolved. Doing otherwise can cause irritation and worsening redness.

### 7. Return to Regular Routine

You may start your regular skin care routine (such as use of tretinoin or a retinol) once your skin no longer feels irritated, often 5-7 days after treatment.