



MICRO-NEEDLING POST TREATMENT CARE

The guidelines to follow post treatment are in place to prevent possible side effects of micro-needling therapy. You are likely to experience some mild to moderate redness, stinging, skin flaking or mild irritation. Most patients leave looking like they have a sunburn. This will dissipate throughout the day. Most patients will have some light to mild flaking over the next couple of days.

WHAT YOU SHOULD DO AFTER YOUR MICRO-NEEDLING APPOINTMENT:

- Avoid skincare products (unless recommended by your specialist) for the first 4 hours.
- Avoid sunscreen for the first 4 hours after treatment
- Avoid direct sun exposure for 7-14 days.
- Avoid waxing and hair removal for 14 days.
- Avoid getting overheated (strenuous exercise for 24 hours.
- DO NOT PICK AT SKIN.
- Do not use exfoliating products for at least 72 hours.
- Increase water intake to include at least 8 glasses per day.
- Physical sun block is mandatory and reapply regularly
- Do not use wash cloths, or any other type of cloth on skin.
- Apply cleanser to clean hands and foam for application.

Please do not hesitate to contact our office should you have any questions or concerns following your procedure. 919-948-6355