Micro-needling Post-Treatment Instructions

- Day 1: skin will be red and flushed after 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.
- Day 3: Skin can be pink or normal color. Swelling subsides. The skin can feel dry or feel tight. A slight outbreak of acne or milia (small white bumps) is possible. Light peeling usually occurs in about three days and will be replaced with brand new skin.

Home Care:

1. Wash hands thoroughly before touching face. Wash with a gentle cleanser 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 washcloth, or a Clarisonic brush. Do not use exfoliating products for at least 72 hours.
2. Cold compresses may be applied following treatment for comfort. If neck or décolletage are treated, the redness might last slightly longer than the face.
3. Arnica may be used to help reduce bruising.
4. Avoid saunas, steam rooms, hot baths or showers until redness is gone.
5. Continue to avoid sun exposure to the treatment areas and apply a broad spectrum sunblock with SPF minimum of 30. Apply it at least 30 minutes prior to sun exposure and repeat every 2 hours of sun exposure.
6. After 2-3 days patients can return to regular skin care products or as soon as it is comfortable to do so.
7. Avoid strenuous exercise for 2-3 days after treatment.
8. Avoid waxing, facials, botox/xeomin, injectable fillers or any other skin care treatment for two weeks after treatment.
9. New cell regeneration requires at least 6-8 eight ounce glasses of water a day (if you already drink that, increase by 2 glasses)

10. If skin becomes painful, swollen, red, or inflamed, please notify us immediately (321)751-7041 as this may represent an infection or allergic reaction that my require treatment.