

Micro-Needling Post-Care

Just as it was important that you follow the pre-care instructions, it's also very important that you follow the post-care instructions to ensure a good result.

Post-Treatment Tips

- Do not take any anti-inflammatory medications for one week after the procedure.
- Do not use ice on your face and avoid using arnica/bromelain. These may interfere with the natural inflammatory process that's critical for your skin rejuvenation.
- Avoid sun tanning and prolonged exposure to direct sunlight for at least 2 weeks. After 24 hours, always use sunblock (30 SPF or higher) and wear a hat if you're outside.
- Use a painkiller, such as Tylenol, if you experience any soreness.

The Healing Process: What to Expect After a Micro-needling Treatment

Micro-needling is a quick and non-invasive cosmetic procedure with minimal side effects. However, it's quite normal to experience the following:

Day 1-3

A sunburn-like effect is normal. Your skin may feel tight, dry or sensitive to touch. Treat the skin gently by washing it with a gentle cleanser, cool water, and using only your hands to pat dry no earlier than 4 hours after treatment.

Some redness may also be present and in some cases, patients may experience slight bruising that can last for 5-7 days and temporary swelling for 2-4 days.

Tips

- Avoid strenuous exercises that cause sweating as well as jacuzzies, saunas, and steam baths for up to 48 hours.
- Use only mineral makeup after 24 hours.
- Sleep on your back with the head of the bed elevated to minimize swelling or pain as needed.

Day 2-7

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!

Important information: You must allow the old skin to flake off naturally and keep it moisturized at all times. Talk to your practitioner about which products to use.

Day 5-7

You may start your regular skin care products again, once your skin no longer feels irritated. Most of our patients have noticed continued skin improvement over the months following their last treatment.

For best results: We recommend follow-up and repeat micro-needling treatments every 4-6 weeks, with a series of 3-5 treatments depending on your personalized care plan.