

# MICRONEEDLING - POST PROCEDURE

## What to Expect

- Minor pain and/or discomfort of elevated warmth and tightness can be experienced within the first 1-2 hours post-procedure.
- Temporary redness and swelling, similar to a moderate to severe sunburn 1-3 days post treatment.
- Fast recovery is usually seen within 24 hours with slight redness remaining the next day.
- The skin will feel tight and dry for the first three days post treatment.
- Some skin might scab after 3 days post procedure. It should not be touched or picked on to avoid any infections. Let it fall off naturally.
- Your practitioner will discuss post-procedure skincare following the treatment to help soothe, calm, and protect the skin. Continue to treat the skin gently for 3 days.
- Patients may return to regular skin care products approximately 3 days post procedure or as soon as skin is tolerable to application.

## Post Treatment Instructions

**Day of Procedure:** After your procedure, your medical provider may apply topicals to soothe, hydrate, and protect the treatment area. Do not apply makeup the same day of treatment. Use tepid water to cleanse the treatment area thoroughly while gently massaging to remove debris. Carefully pat dry, without rubbing.

**Day 1-3:** The next day, you may clean your face with a gentle cleanser and apply lotions and topical products recommended by your medical provider. Be sure to apply sunscreen and avoid direct sun exposure. Do not apply chemical based and/or fragranced cosmetics, skin care products, or makeup.

**Day 4-7:** Within the week following your microneedling procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer, sunscreen, and/or makeup (if necessary).

**NOTE:** Please contact the office and/or your treatment provider in case of an allergic reaction or onset of an infection in the treated area within 24 hours.

Slight micro-bruising might appear around the eye area and may exist for three to four days. This can easily be covered with makeup.

## Please adhere to the following post treatment

- Avoid direct sun exposure for at least 7-10 days post treatment. Absolutely no tanning beds.
- Apply a broad spectrum UVA/UVB, chemical-free sunscreen with SPF 30+, designed for post cosmetic procedures.
- No vigorous exercising or activity for at least 48 hours post treatment. Sweating and gym environments can be harmful due to bacteria exposure and may cause adverse reactions.
- Avoid steam baths, saunas, or swimming pools for at least 48 hours following the treatment.
- Avoid use of topical sensitizing drugs, skincare products, or cosmetics that contain acids at least 3-7 days post treatment.
- Avoid alcohol-based toners for 10-14 days
- Use post-procedure skincare products prescribed by your practitioner to soothe, calm, and protect the skin until fully recovered and ready for your normal skincare regimen.

## Possible Short-term Side Effects & Complications

- Erythema (Moderate Redness Similar to a Sunburn)
- Skin Tightness and Dryness
- Minor Peeling or Exfoliation
- Mild Sensitivity (Stinging and/or Itching Sensations)
- Hyperpigmentation or Darkening of the Skin
- Edema (Swelling)
- Cutaneous Eruptions
- Allergic Reaction
- Infection