

## **Post-Procedure Instructions for micro-needling:**

- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.
- Avoid alcohol-based toners for 10-14 days as well as excessive sun exposure for 10 days.

1. No sunscreen OR makeup for 12 hours following treatment.

2. You may wash the face after treatment or before bed time. Use gentle cleanser such as the one provided in our Post Procedure kit. Gently massage the face with tepid water (a shower can provide an easier ability to massage the face while washing at the same time), and remove all serum and dried blood.

3. 12-72 hours post-treatment mineral makeup can be applied, but continue to use the products in the Post Procedure kit or a gentle cleanser, hyaluronic acid serum, and physical sunblock with an SPF of 30 or higher. If a more aggressive treatment was performed they should also be instructed to use a more occlusive balm such as Aquaphor.

4. On day 3 following treatment you may return to regular skin care regimen. Retinol products are strongly suggested to use for optimal results.

