



Microneedling Treatment After Care Instructions

After your treatment your skin may be red. This is normal and to be expected. Redness usually lasts from one hour to 24 hours. You may also have a little swelling in some areas. If swelling does occur and you want to minimize it, you may take an antihistamine, such as Benadryl. However most people don't mind the swelling. A few days after your treatment your skin may be dry and some wrinkles may look worse. This is normal as the new cells regenerate in the dermis. As such, it is important to stay hydrated. Generally people notice a tightening and a more even tone to their skin in a week or two, or even longer. The results continue to build for up to 6 months. Remember, we're building collagen, minimizing wrinkles and sun- damage from the inside out, which takes time. Please be patient and realistic with the natural healing process. For optimal results, we usually perform 2 to 3 treatments at intervals of 3 to 4 weeks. More severe or advanced conditions, such as scars or deeper wrinkles, up to 8 sessions may be required spaced 3-6 weeks apart.

After your treatment please follow these instructions:

1. DO NOT wash your face or apply any products to your skin for at least 4 hours.
2. Avoid sun exposure as you will not have any SPF on your skin after your treatment.
3. After 4 hours, wash your skin with cool water and a gentle cleanser
4. Then apply a very light moisturizer
5. If after 4 hours you become itchy you may apply a 1% Hydrocortisone cream (any brand) to your skin. It may burn slightly. If you cannot tolerate the burning, rinse it off with cold water and use some ice cubes to soothe your skin.
6. No exercising or strenuous activity for the first 24 hours post treatment. Sweating and gym environments are harmful with bacteria and may cause adverse reactions.
7. Day 2- rinse your skin with cool water and use a gentle cleanser followed by a light moisturizer, and a SPF 30 or higher. You may use makeup.
8. Day 3- you may resume normal skin care products

Chemical Peel add on:

Do not wash your face until next morning. Follow instructions above. However, by day 3 you may begin to flake or slough off dead skin following the light peel. If you do not peel, your skin simply does not need to peel.