



MICRONEEDLING AFTERCARE

Following your treatment, your skin may feel drier than normal. I recommend serum antioxidants post-treatment, as its properties are ideal to help heal the skin by soothing and lessening irritation. Hyaluronic acid is an ideal ingredient you can use to hydrate and restore the skin back to perfect balance. Remember to always top serums off with a moisturizer, to create an occlusive barrier and seal in hydration. As the skin starts to regenerate, peptides are ideal to maximize the effects of the collagen stimulation already started by the microneedling.

Immediately after your treatment, I will apply a broad spectrum UVA/UVB, SPF 30 to protect your skin. I recommend a chemical-free sunscreen, such as *Lira Clinical Solar Shield SPF*. Keep in mind that you should be using SPF everyday, as part of your ongoing skincare routine. SPF protects your skin from sun damage and premature aging. 90% of aging is caused by sun exposure, while only 10% of aging is genetic.

HOMECARE

- Use a gentle cleanser and SPF 30 daily for a minimum of 72 hours post-treatment.
- If possible, I recommend you do not apply makeup for 24 hours post-treatment. In addition, do not apply any makeup with a makeup brush or sponge, especially if the implement is not clean.
- If you are able to – sanitize your makeup brushes, phone, and pillow cases either before/after any facial service, as this will greatly maximize your results.
- To ensure the proper healing environment, do NOT use any alpha hydroxy acids, beta hydroxy acids, retinols (Vitamin A), Vitamin C, abrasive scrubs, exfoliants, or any products with active ingredients for one week post-treatment.
- Do not exercise or participate in strenuous activity for the first 24 hours post-treatment.
- Do not go swimming for at least 72 hours post-treatment.
- Do not use any powered cleansing brushes like Clarisonic for 1 week post-treatment.
- Avoid intentional and direct sunlight or tanning beds for 1-2 weeks.

For best results, a minimum of 3-6 treatments are suggested 4-6 weeks apart.