



AMAZING SKIN AESTHETICS

6819 Warner Avenue
Huntington Beach, CA 92647
(714) 848-2232

MICRONEEDLING POST CARE INSTRUCTIONS

Thank you for choosing Amazing Skin Aesthetics for your skin rejuvenation. To ensure optimal healing and the best possible results for your collagen induction therapy, please follow these clinical guidelines carefully.

Immediate Post-Treatment Care (First 24 Hours)

- **Keep it Clean:** Wash your hands before touching your face. Do not wash your face for at least 6 hours post-treatment. After 6 hours, you may use lukewarm water and a gentle, non-exfoliating cleanser.
- **No Makeup:** It is vital that you let your skin breathe. The micro-channels are open, and applying makeup can lead to bacterial infection or deep-seated irritation. Wait 24 to 48 hours before applying any cosmetics.
- **Approved Topicals Only:** Use only the products recommended by your practitioner (typically Pure Hyaluronic Acid and a soothing post-procedure cream).

Sun Protection & Environmental Safety

- **Avoid Direct Sunlight:** For the first 2 weeks, stay out of direct sun. Your skin is highly susceptible to hyperpigmentation during this time.
- **SPF is Mandatory:** Apply a physical (mineral-based) sunscreen of SPF 30 or higher every morning. While SPF should be a daily habit, it is extra important to protect healing tissue from UV damage during recovery.
- **No Artificial Tanning:** Avoid sunbeds, solariums, and spray tans for at least 14 days.
- **Avoid Sweat & Heat:** Stay away from strenuous exercise, saunas, and steam rooms for 48–72 hours, as sweat can irritate the open channels.

Active Ingredients to Avoid

Do not use "active" skincare for at least 5–7 days or until all irritation has subsided. Using these too early can cause chemical burns or scarring. Avoid:

- Retinoids (Retin-A, Tretinoin, Retinol)
- Vitamin C Serums
- Alpha/Beta Hydroxy Acids (AHA/BHA, Glycolic, Salicylic, Lactic acids)
- Benzoyl Peroxide and Hydroquinone
- Alcohol-based toners or harsh chemical sunscreens



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What is Normal During Healing?

- Days 1–3: Expect minor swelling, tightness, and redness (similar to a mild sunburn). This typically resolves within 72 hours.
- Days 2–5: You may experience dryness, "sandpaper" texture, or flaking. This is a sign of healthy cell turnover. Do not pick, scrub, or peel the skin. Allow it to shed naturally.
- Bruising: While less common, bruising can occur and may last 5–7 days.

Maintenance & Long-Term Results

- Hydration: You may use a mild, cooling, and hydrating face mask to soothe inflammation—ensure it is free of fragrance and harsh chemicals.
- The Power of Health: Your skin reflects your internal health. Staying hydrated and maintaining a balanced diet will enhance your body's ability to produce collagen.
- Recommended Course: Results are cumulative. A course of 1–3 treatments (maximum of 5) is typically recommended for optimal results. If your skin does not respond within this timeframe, please consult with your provider to rule out underlying medical conditions.

When to Call Our Office

If you experience any of the following, please contact us immediately at (714) 848-2232:

- Extreme swelling that worsens after 48 hours.
- Signs of infection (pus, yellow crusting, or excessive warmth).
- Severe itching or hives.
- An unexplained fever following treatment.