



## Microchanneling Post-Care

1. If you are given a mask, keep it on for at least 15-30 mins.
2. Preferably, no other products are applied for 6-8 hours
3. Avoid exposure to pet dander and other irritants as best you can. You may experience a mild allergic reaction to pets and other things you typically do not react to within the first 24 hours.
4. Your skin may feel hot and tight, like a mild sunburn.
5. For your first treatment, (and treatments at .25mm in general) you can expect mild redness and swelling, and a tight, warm sensation for between 4-24 hours. Treatments with longer needle lengths may produce redness and swelling, along with tiny flecks of redness for between 4-72 hours.
6. Mild skin sloughing may occur for a few days after treatment.
7. Mild acne and milia can occur in rare cases. Don't pick and they'll go away in a few days.
8. Trans-Epidermal Water Loss is a common temporary side effect and could leave you feeling dry throughout the first week. Keep the recommended moisturizer with you during the day and apply as frequently as necessary to avoid dryness.
9. After 36-48 hours post-procedure: apply the Cellular Renewal Serum and Healing Accelerator for the best results. Cleanse first and apply 1-3 pumps each. Apply daily, morning and night.
10. Return for a follow-up treatment in about a month or as recommended.

In addition:

- For the first 90 mins, don't touch the face, don't put anything else on (besides the mask), and avoid sun exposure.
- After 6-8 hours, you can apply a mild moisturizer.
- Avoid sweating for the first 24 hours (No gym, sauna, swimming, spicy food, exercise)
- After 24-48 hours, you can begin using the aftercare serums step 1 and 2 morning and night
- For the first 5 days, your skin will be dryer than normal (trans-epidermal water loss) so drink plenty of water and moisturize often throughout the day.
- No Retin-A, Retinol, vitamin C, BHA, AHA, or exfoliation for 5-7 days.