Good Genetics Aesthetics
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Microneedling and Peel
AFTERCARE

Following these aftercare guidelines is essential to reduce the risk of complications, improve your comfort and healing, and achieve the best possible results from your Microneedling treatment.

What to Expect

- **Day 1:** The skin may appear flushed following treatment, and pinpoint bleeding may occur. Avoid applying makeup for at least 24 hours.

- **Day 2:** Expect a red hue similar to a moderate sunburn. Swelling may be more noticeable, and minor scratches might be visible. Apply moisturizer as needed.

- **Day 3**: The skin may return to its normal colour or remain slightly pink. Swelling should subside, but the skin might feel dry or tight. A slight breakout is possible. Light peeling typically starts around this time and will be replaced by new skin.

What to do

- Leave the serum on your skin until the next morning. The following day, cleanse your face with a gentle cleanser using only your fingers. Do not scrub. Cleanse treated areas twice daily.

- Apply moisturizer without active ingredients (Retinol, Vitamin C etc.) during the first week to hydrate the skin. After on week you may return to your normal skin care routine.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE.

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What NOT to do

- Refrain from using **saunas, steam rooms, and hot showers** until the redness has completely gone away.

- **Avoid <u>any</u> sun exposure**. Apply a sunscreen with at least SPF 30 prior to any exposure for at least 2 weeks after treatment.

- Avoid any skin care products that contain active ingredients such as Retinol or Vitamin C.

- Do not undergo **waxing, facials, Botox,** or other **skin care treatments** for two weeks following treatment.

- Avoid physical activity and sweating for the first 24 hours.

Results

- Immediate and Long-Term Results: Many people notice results immediately after a peel. However, for some, it may take up to 6 weeks, depending on factors such as skin type, condition, targeted treatment, age, and how your skin reacts post-peel. A series of sessions may be required to achieve the desired results.

- Potential Issues: Although rare, some clients might experience mild sloughing, which could include weeping or scabbing. Avoid picking at any cuts or flakes as this could lead to scarring or discoloration.

M**edical Attention**

- Contact your practitioner immediately if you experience any signs of infection, such as hot, red, shiny skin, pus formation, fever, or feeling generally unwell.

- Seek emergency medical attention if you experience severe allergy symptoms, including rash, facial swelling, or difficulty breathing.

- Contact your practitioner as soon as possible if you notice any other unwanted side effects.