



After Care Guidelines – Micro Needling

Potential side effects:

- There may be a sunburn-like redness and/or swelling that may last for 1-3 days. Apply ice packs/cool compresses if required. Do not take any anti-inflammatory medications such as ibuprofen. These agents will interfere with the natural inflammatory process that is critical for your skin rejuvenation.
- There may be some itching of the skin. Avoid scratching the skin. You may consider taking an antihistamine to alleviate the irritation, which should settle after 1-3 days.
- Peeling may start 3-5 days after peel. Do not pick or scratch at treated skin but instead keep moisturized.
- There may be small pinhead sized bruising, if it occurs, avoid medications such as aspirin, Vitamin E or fish oils which are blood-thinning agents and may exacerbate bruising, for 24 hours.

Post treatment instructions:

Clean: Wash the face thoroughly a few hours after micro needling session. Gently massage the face with tepid water and remove all serum and other debris such as dried blood. Use a gentle cleanser and tepid water to rinse the face a few times over the next 3 days. Make sure your hands are as clean as possible.

Hydrate: After treatment the skin may appear drier than normal. It is important to maintain a good skincare routine with frequent hydration and moisturisation. Remember to drink plenty of water after your procedure. It is important to stay well hydrated to help your skin heal and rejuvenate faster. Hyaluronic acid is excellent for hydrating and restoring your skin's balance.

Heal, stimulate and regenerate: Depending on your needs your therapist may recommend a variety of product to help your skin to heal faster. Collagen stimulating peptides may further aid in the stimulation of collagen production. Antioxidant serums may further assist in healing the skin. Eat fresh pineapple to optimize healing.

Sun protection: It is very important to stay out of the sun for 1-2 weeks after treatment. The area treated will be more prone to burning and increased pigmentation with the potential development of brown blotches and freckling during this period. Sun protection of at least SPF 30 must be used for 1-2 weeks after treatment. Please discuss sun protection and sunscreen products that can be used with your therapist.

Makeup: As far as possible avoid makeup for at least 2-3 days after the procedure. The micro needling created open skin channels and one does not want potential toxic substances to penetrate the skin. Avoid using any skincare that contains alpha hydroxy acid (AHA), glycolic acid, salicylic acid or retinoic acid.

Exercise: Avoid excessive sweating and swimming for at least 2-3 days post-treatment

Please contact your therapist with any questions or concerns.