

Dermal Botanics Micro-Needling Post Care

Immediately after your Micro-Needling procedure, do not take any anti-inflammatory medications such as Ibuprofen or Naproxen Sodium for 24 hours unless you absolutely need to. These agents will interfere with the organic healing process that is critical and responsible for your skin rejuvenation.

Follow these simple steps:

Day of procedure: No lotions, NO OILS, No makeup or other topical products on your face. You may cleanse your skin with a gentle cleanser before bed. Use the calming solution Diane has given you as needed to cool the heated areas. Less is more. Take a before Picture to chart your skin's progress.

- Keep the new skin clean, cool, and moisturized for 24 hours (including very hot showers)
- Avoid sweating for 48 hours
- Avoid sunlight for 5 days
- Keep hands away from face
- Drink 64oz of water a day for at least 10 days after the treatment (this helps skin maintain moisture levels for maximum production of collagen)

(Remember anything you apply topically to your skin after micro-needling will penetrate much deeper. Therefore, products that you have never had a reaction to are capable of producing an irritation, rash or a skin reaction after treatment.)

Day 1: On the next day, cleanse your face with a gentle cleanser. Follow up with a toner that does NOT contain any alcohol and an oil free moisturizer. Stay away from exfoliants or acids as these can make your skin very dry after the procedure. This includes any anti-aging or anti-acne cream. Be sure to use an approved SPF30 or greater sunscreen!

Days 2-7: Within two (2) days following your Micro-Needling procedure, you might notice skin dryness and flaking. This is due to an increased turnover of skin cells (It's a good thing!). Do Not pick or try to peel the skin. During this period, you may apply your regular water based skin moisturizer. You might notice minimal bruising around the eyes, if heavily treated.

Days 7+: A week after the Micro-Needling procedure, most clients start to notice that their skin is smoother and more radiant. Your normal skin care regime can now be started again

Allow 3-4 Weeks to see the full effects of this procedure as it takes your skin this amount of time to produce the collagen and elastin needed to see the results. These results are cumulative. It's like gaining weight, you might not notice till your pants don't zip. That's why we take before and after photos to give a clearer visual of progress and improvement. Everyone's organic healing process is a little bit different so results are also individual. Depending on goal, more than 1 treatment may be needed. You **MUST** avoid direct sun exposure and tanning beds for at least 7-10 days after your treatment. Your skin **WILL** burn easily after this procedure, which can cause severe hyper pigmentation (dark spots). Be sure to use an approved SPF30 or greater sunscreen!

- Do not use any harsh chemicals, including glycolic, alpha hydroxy, beta hydroxy, retinol, benzyl peroxide, salicylate/salicylic acid, or topical acne medications for 7-10 days following treatment.