

Microneedling Aftercare

Please follow these instructions carefully for best results.

Do not use any Anti-inflammatory medications for at least 48 hours unless prescribed by a doctor. –You may take Tylenol for discomfort if needed.

First 24 hours:

Diligently apply the given serums every hour. For best results, and to allow for the longest possible amount of time for serums to penetrate, book your appointment as early in the day as possible. Please note, it will appear as if you have a sunburn. Plan your day accordingly.

First 48 hours:

- Refrain from exercise, saunas, hot tubs, and sun beds. Avoid sunlight and do not use sunscreen(after the first 48 hours, apply sunscreen everyday).
- Avoid touching your treated skin unnecessarily. Always wash hands or use gloves before touching treated skin. Lightly wash skin with water and a gentle skin cleanser.
- Avoid makeup for as long as possible, and use 100% pure mineral powder makeup when possible
- Moisturize often especially if feeling dry or itchy and avoid exfoliants and skin care products other than a moisturizer.

Day 3-7

Skin will feel dry and flaky. DO NOT PICK and apply moisturizer. On rare occasions, those with sensitive eye areas can experience mild bruising. This will not last long and can be easily covered with makeup. At this point it is safe to resume wearing makeup, but try to stay as light as possible, mineral powder makeup is always recommended. Heavier makeup is harder to remove.

Second week and after:

Your skin should feel radiant and healthy. You may resume your regular makeup and skin care routine. At this point, collagen is rebuilding and you may start to see results but **remember** it is a gradual process. It is recommended to do multiple sessions for optimal results, but everyone is different.

4 weeks:

It is time for another session! We can't wait to see you!