



POST MICRONEEDLING (WITHOUT PRP) TREATMENT INSTRUCTIONS

It is crucial to the health of your skin that these guidelines be followed.

- A sunburn-like effect is normal for one to three days. The skin may feel tight, dry, swollen and sensitive to the touch. The treated area/s may darken and flake away within one week. Slight peeling and excessive dryness will occur.
- Avoid picking or exfoliating the area and allow old/dry/dead skin to flake off naturally.
- Avoid touching the skin with unclean hands, applicators or products. Microneedled skin is more susceptible to infection for the first 24 hours after treatment.
- Immediately after microneedling, we commonly apply a collagen-boosting or hyaluronic acid product.
- During the first 18-24 hours after treatment, wash your face gently with a mild/gentle cleanser twice daily followed by application of hyaluronic acid and/or a gentle healing moisturizer.
- Mineral makeup or Oxygenetix Foundation may be applied 24 hours after treatment.
- You may return to your regular skincare routine when healed.
- Sun exposure must be avoided until healed (i.e. any skin redness and/or flaking away of skin is no longer present).
- We recommend avoidance of the sun in all treated area/s, a protective hat and full spectrum sunscreen with SPF 30 or higher.
- Do not use physical or chemical exfoliants or non-recommended products on the treated areas for at least one week.
- For at least 48 hours post-treatment, avoid exercise that causes sweating, Jacuzzis, saunas or steam baths if skin inflammation exists.
- Advil or Tylenol may be taken as necessary for discomfort. Ice packs may be used to minimize swelling.

For best results, we recommend a series of three to six treatments administered at four to six week intervals. You should notice immediate as well as long-term improvements in your skin. For questions or concerns after treatment, please message us on Klara or call us at 205.572.4906.

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