



## POST SKINPEN MICRONEEDLING TREATMENT INSTRUCTIONS

### POST-TREATMENT INSTRUCTIONS

- A sunburn-like effect is normal for 1-3 days. The skin may feel tight, dry, swollen, and sensitive to the touch. The treated area/s may darken and flake away within 1 week.
- 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 germs for the first 24 hours after treatment.
- Immediately after micro needling, we commonly apply a collagen boosting product or hyaluronic acid serum.
- 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 may be applied 24 hours after treatment
- You may return to your regular skin care 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 sun block of SPF 30 or higher.
- Do not use exfoliating medications, chemicals, or non-recommended products on the treated areas for at least 1 week.
- Avoid exercise that causes sweating, Jacuzzi, sauna, or steam baths in the first 48 hours and if skin inflammation exists.
- Advil or Tylenol may be taken as necessary for discomfort. Ice packs may be used if desired to minimize swelling.

**FOR BEST RESULTS AND EFFICACY, WE RECOMMEND A SERIES OF 3 TO 6 TREATMENTS ADMINISTERED AT 4-6 WEEK INTERVALS. YOU MAY NOTICE IMMEDIATE AS WELL AS LONGER TERM IMPROVEMENTS IN YOUR SKIN.**

**FOR QUESTIONS OR CONCERNS AFTER TREATMENT PLEASE CALL (205) 572-4906.**