



Medical microneedling (skin needling)

Day of your treatment

Post-Treatment Sensations:

Immediately following your treatment and into the following day, the skin may feel a little tender to touch and may still display warmth and some erythema, it is at this time that we need to take things slow and not rush the process. Your skin has been through an intensive treatment and needs to be handled with care.

Post treatment care

In the days following your treatment, there are some do's and don't's to be aware of. Although you might like to resume all regular activities and prior active skincare formulations post-treatment, it is best to hold off to avoid overstimulating the skin.

- Avoid hot showers and chlorinated pools for the first 24 hours. Although the tiny micro-channels that were created during your skin needling treatment have 'closed', it is still important to avoid hot water and chlorinated water in the hours following your treatment.
- Avoid vigorous exercise that could lead to an increase in heat and inflammation or where you might sweat heavily. This includes intense workouts at the gym. After 72 hours, you may be able to resume these activities.
- Avoid the use of makeup for 24 hours following medical micro-needling. Mineral makeup such as deco, may be applied after 6 hours.
- Do incorporate the use of epi nouvelle naturelle+ to reduce swelling and heat. The epi nouvelle naturelle+ mask is the perfect aftercare product to support the regeneration of the skin post medical micro-needling. The unique mask composition has the ability to maintain cooling on the skin for up to 4 hours!
- Do apply your SPF product the day following your micro-needling treatment. SPF must be applied anytime you go outside in the days following your treatment.
- Do recommence the application of active serums the day following treatment. Work with ingredients that support the skin and its function.