

## MICRONEEDLING AFTERCARE INSTRUCTIONS

## DOs:

- If your skin is sensitive after the treatment, you can apply hydrocortisone cream, aloe, and/or take Advil for any discomfort. Anti-inflammatory medications such as Benadryl or Zyrtec may be taken before bed the evening of treatment.
- For excessive dryness, you may use 30mL grapeseed oil mixed with a pea sized amount of Aquaphor.
- Wash your face using a gentle cleanser (such as Cetaphil) a few hours after your procedure, OR before bed time.
- Use a gentle cleanser, moisturizer, and sunblock starting 48 hours after your treatment.
- 48-72 hours following treatment, you may return to your regular skin care regimen.

## DON'Ts:

- Avoid any Alpha Hydroxy Acids, Beta Hydroxy Acids, Retinol (Vitamin A), Vitamin C (in a low pH formula), or any products perceived as "active" skincare for 10-14 days.
- Do not use corrective or exfoliating products for those first 48 hours.
- No make-up for 12 hours following treatment.
- Avoid alcohol-based toners for 10-14 days
- Avoid intentional and direct sunlight for 2 weeks.
- No tanning beds.
- No swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.

Note: For treatment of acne scars and skin rejuvenation, usually 5-8 sessions are recommended as well as combining with TCA CROSS (3 sessions) scheduled 4-5 weeks apart.