

Skin Deep & Beyond Medical and Day Spa

Microneedling Downtime and Post Treatment Care Instructions

What can be expected:

Day 1: Erythema and red appearance and severity will depend upon how aggressive the treatment was performed.

Day 2: A red or pink hue persists like a moderate sunburn. Swelling may be more noticeable on the second day.

Day 3: Skin can be pink to normal color. Swelling subsides. Your skin care specialist will recommend post procedure skincare to help soothe, calm and protect the skin.

Home Care:

- A. Wash the face gently and thoroughly a few hours after treatment. Gently massage the face with tepid water and remove all serum and other debris from the skin. This will improve the appearance of the skin and also allow a better subsequent absorption of post-treatment skincare. Mineral makeup may be applied the following day.
- B. For the first 1-3 days, the skin will be very dry and tight. Frequent use of a recommended skincare regimen will help alleviate this.
- C. After 2 – 3 days, or as soon as it is comfortable to do so, you can return to your regular skin care products. Vitamin A products are optimal and suggested.
- D. Avoid alcohol based toners for 10 – 14 days.
- E. Avoid direct sun exposure for at least 10 days if possible.
- F. Do not apply chemical sunscreen the same day as treatment. Undesirable chemicals can penetrate if used in large amounts

Remember:

- **Clean** – Use a soothing cleanser or face wash with tepid water to cleanse the face for the following 48 hours and dry gently. Always make sure your hands are clean when touching the treated area.
- **Heal** – Follow the recommended after treatment skincare as the properties will help heal the skin.
- **Hydrate** – Following your microneedling treatment, the skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to perfect balance.
- **Stimulate**–In the days following your microneedling treatment, as the skin starts to regenerate, collagen stimulating peptides are ideal to keep the stimulation going.
- **Makeup** – It is recommended that makeup is not applied for at least 12 hours after the procedure. Do not apply any makeup with a makeup brush unless it has been cleaned prior.
- **Protect** – 4 hours after the procedure, apply a broad spectrum UVA/UVB physical sunscreen with an SPF of at least 30