



# Post Care Instructions

## For Microneedling

Follow this guideline AFTER your treatment

- You could experience redness between one to three days
- You may experience inflammation, itching, burning and possible breakouts
- You may experience some swelling around the eye area

### **Post Procedure Instructions:**

- Do not touch your face for a minimum of 4 hours
- It is recommended to avoid sweaty exercise and sun exposure for 72 hours post-procedure
- Avoid washing your face after the treatment
- If the skin feels dry and/or tight, you may apply a hyaluronic acid after the initial 4 hours

- Change your pillow case the day of treatment
- Wipe down your phone and/or glasses with alcohol
- You can wash your face and wear makeup the next day, but it is recommended to wait at least 24 hours to apply any makeup
- Apply a sunscreen of SPF 30 or higher the next day (or after you have washed your face)
- Make sure to wear a mineral base makeup, one that does not contain any oils
- Avoid applying any skincare products containing active ingredients for at least 72 hours

For any further questions or clarifications, you may reach us via the following:

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