

Micro Needling Post-Care

What to Expect after:

- Swelling
- Redness
- Sensitivity

Redness and Sensitivity is expected within 24-72 hours.

- The next day you may use makeup to cover any redness, but avoid Retin A until 2 days after treatment.
- There may be slight micro bruising that may be present for a few days afterward. They can be easily covered with makeup.
- Take Advil or Ibuprofen, if needed, to relieve any symptoms.

Skincare:

- About 4 hours after treatment, you may wash your face using a gentle cleanser and moisturizer, and gently pat dry.
- Medicated skincare products, harsh cleansers, exfoliants, and toners should be avoided until the treated areas heal. Do not use retinoids, retinols, acne creams, etc. for two weeks or until skin is healed. Skin irritation will cause scarring.
- You may use a gentle moisturizer 2-3 times throughout the day to promote healing of the treated areas.
- Try to avoid excessive exercise that may cause sweating, as it can block the open pores.
- Pineapple juice may help with healing and recovery.
- After 48 hours, you may resume your regular makeup routine without any restrictions.
- You may experience dry or flaky skin 2-5 days after treatment. The treatment promotes a new skin layer, however the present must shed first. Therefore, it is extremely important to **not** pick at areas before they're ready to fall off.

Sun exposure guidelines:

- Apply plenty of sunscreen with SPF 30+ several times a day and avoid large amounts of sun exposure if at all possible.
- If sun exposure is necessary, wear a hat that covers the treated area as best as possible and reapply sunscreen every 2 hours.

If you need multiple procedures, they can be performed one month apart. To get the best results, you may need anywhere from 3-5 treatments.

If you have any questions or concerns after your procedure, please contact our office at (703) 356-5111.