

Post-Care Instructions for Microneedling

Immediate Aftercare (First 24 Hours)

1. **Avoid Touching:** Do not touch, pick, or scratch the treated area to avoid irritation or infection.
2. **Cleansing:** Gently cleanse the treated area with a mild, non-exfoliating cleanser and lukewarm water. Pat dry with a clean, soft towel.
3. **Hydration:** Apply a hydrating serum or moisturizer recommended by your provider to soothe the skin.
4. **Avoid Makeup:** Refrain from using makeup for at least 24 hours to allow your skin to breathe and heal.
5. **Sun Protection:** Stay out of direct sunlight and avoid tanning beds. If you must go outside, wear a broad-spectrum sunscreen with SPF 30 or higher.

Next Few Days (24-72 Hours)

1. **Continued Cleansing:** Continue using a gentle cleanser. Avoid exfoliating products and harsh chemicals.
2. **Hydration and Moisturization:** Keep the skin well-hydrated. Use a hyaluronic acid serum and a gentle moisturizer.
3. **Avoid Heat:** Avoid hot showers, saunas, steam rooms, and intense exercise that causes sweating.
4. **Avoid Alcohol-Based Products:** Do not use products containing alcohol, as they can dry and irritate the skin.
5. **Sun Protection:** Continue to protect your skin from the sun with a broad-spectrum sunscreen.

Long-Term Care (After 72 Hours)

1. **Resuming Skincare Products:** Gradually reintroduce your regular skincare products, but avoid retinoids and exfoliants for at least a week or as advised by your provider.
2. **Hydration:** Maintain skin hydration with suitable serums and moisturizers.
3. **Sun Protection:** Continue using sunscreen daily to protect your skin and prolong the results of the treatment.
4. **Avoid Harsh Treatments:** Avoid chemical peels, waxing, and laser treatments for at least two weeks post-treatment.

General Tips

1. **Stay Hydrated:** Drink plenty of water to keep your skin hydrated from the inside out.
2. **Healthy Diet:** Eat a balanced diet rich in vitamins and antioxidants to support skin healing and health.
3. **Avoid Smoking and Alcohol:** These can hinder the healing process and affect the overall health of your skin.

What to Expect

- **Redness and Sensitivity:** It's normal to experience redness and sensitivity similar to a mild sunburn. This should subside within a few days.
- **Peeling or Flaking:** Some patients may experience mild peeling or flaking. Do not pick at peeling skin.
- **Improvement in Skin Texture:** Over the next few weeks, you will notice improvements in skin texture and tone as collagen production increases.

If you experience any severe reactions such as excessive swelling, blistering, or signs of infection, contact the office.