

MICRO-NEEDLING

POST-TREATMENT INSTRUCTIONS:

Immediately after your Medical Micro-Needling procedure, your health care provider may apply moisturizer and sunscreen topically. Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, always use sun screen SPF30 or above. You may clean your face with a gentle cleanser before bed.

- Redness or sensitivity might be present (and last up to a few days) after peel
- Use Tylenol only as needed for any soreness
- Peeling may start 3-5 days after peel. Do not pick or scratch at treated skin but instead keep moisturized
- Eat fresh pineapple to optimize healing
- Avoid strenuous exercise or sweating for 24 hours due to open pores
- Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after peel
- May use cool compresses after peel if excessive discomfort, burning, redness, or swelling
- Follow post peel instruction sheet if indicated
- Avoid sun exposure for 3 days and if possible 10 days. Apply a minimum of SPF 30 every 2 hours
- May use mineral makeup after 24 hours
- Restart regular skin care regimen in 48 hours and Retin A in 72 hours
- Recommend follow up and repeat treatments in 4 weeks and for best results a series of 3 – 5 treatments

DAY 1: On the next day, you may clean your face as usual and apply makeup, lotions and other topical products as usual. Stay away from exfoliants or glycolic acids that are present in cleansers as these can make your skin very dry after the procedure. Be sure to use an approved SPF30 or greater sunscreen!

DAYS 2-7: Within two (2) days following your Medical Micro-Needling procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer. Follow the instructions given to you by your medical professional. If your medical professional used the roller around the eyes, you may have a little micro bruising that may exist for three or four days. This can easily be covered with makeup. Days later, your skin will start shedding. These are skin layers that would regularly shed a week later, but the Micro-Needling brings this skin to the surface sooner. During this temporary process, your skin will shed and be dry. You may use your regular skin care products once your skin is not irritated.

DAYS 7+: A week after the Medical Micro-Needling procedure, most patients notice that their skin is smoother and more radiant. Continue with sun protection every day and reapply every 2 hours if outdoors



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