



DR. COURTNEY
PLASTIC SURGERY

Microneedling Post Care

Do not take any anti-inflammatory medications such as Ibuprofen, Motrin, or Advil for one week. **DO NOT** ice face or use arnica or bromelain. These agents may interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.

Use Tylenol as needed for soreness

DAYS 1-3

A sunburn-like effect is normal. The skin will feel tight, dry, and sensitive to the touch. Treat skin gently, washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment. Redness or sensitivity might well be present. Some small bruising is common and swelling can last 2-4 days, depending on how aggressive of a treatment you received.

Plan social calendar accordingly!

- Avoid strenuous exercises that cause sweating. Avoid jacuzzi, sauna, or steam baths for 24 hours after treatment due to open pores, or up to 48 hours if inflammation exists.
- Use ONLY Oxygenetix Make-Up post-procedure.
- If needed, sleep on your back with head of bed elevated to minimize swelling or pain.

DAYS 2-7

• Peeling may start 3-5 days after treatment. You will notice skin dryness and flaking. This is due to an increased turnover of skin cells. **Do not pick, scratch, or scrub at treated skin!** Allow old skin to flake off naturally and **KEEP SKIN MOISTURIZED AT ALL TIMES**. For extra dry skin, apply moisturizer every two hours if needed.

DAYS 5-7

You may restart your regular skincare products and Retin-A once your skin is no longer irritated. Many patients have noticed continued skin improvement for months following treatment.

- For best results, we recommend follow-up and repeat treatments in 4-6 weeks and a series of 3-5 treatments depending on your personalized care plan.
- For further information or to book an appointment, please call our office at 713.489.1630