

### **MICRONEEDLING AFTER CARE**

Immediately after the treatment, you can apply an ice pack, as there may be mild swelling. It is normal for the treated area to feel like sunburn for a few hours.

Avoid any trauma to the skin for up to 2-5 days, such as bathing with very hot water, strenuous exercise, or massage.

Avoid picking or scratching the treated skin to achieve your best results. If any crusting, apply antibiotic cream. You can use an antibiotic ointment for 2-3 days or longer.

Makeup may be used after 1-2 days as long as the area is not swollen or having any bleeding. It is recommended to use new makeup to reduce the possibility of infection. Keep the area moist. Any moisturizer without alpha-hydroxy acids is acceptable.

You may shower directly after the procedure in tepid water. The treated area may be washed gently with a mild soap. Skin should be patted dry and NOT rubbed.

You may experience redness and bruising from 1-7 days after the treatment. Always use sunscreen SPF 30 or higher throughout the treatment when going outside.

Avoid tweezing, waxing, bleaching, chemical peels or laser services during the course of the treatment. Do not use any irritants such as Retin-A, Benzoyl Peroxide or astringents.

Avoid any dirty environments such as hospitals, lakes, mud baths for a week.

Avoid pets licking the treatment area for a week. The patient should not sleep with pets for a week either.

You may apply a gentle moisturizer such as Aquaphor for hydration often.

An average of 3-8 treatments, each spaced 2 weeks apart, may be needed to achieve the desired results.