

Microneedling Post Care Instructions

1. Using the cleanser included in your kit, wash the treated area 2-3 hours after your treatment with tepid water. Pat your skin dry, do not rub. Apply 1 pump of Regenerating Skin Nectar, then apply Ultra Light Moisturizer. Repeat these steps before bed on first night. Repeat morning and night for the next 3-5 days. Use SPF during the day, and reapply every 2 hours. **Do not apply makeup for 24 hours. Avoid sweating for 24 hours.**
2. For the first 1-3 days your skin may feel warm, dry and tight. Some flaking is normal. Even if your skin does not feel especially tight and/or dry it is recommended that you apply your products 3 times a day for the first 3 days. **Sun exposure should be avoided.** Use sunscreen if leaving the house. Physical sunscreen is recommended.
3. After 7 days you may return to regular skin care products. Vitamin A (Retin-A, Tretinoin) products are optimal and suggested. Keep your skin moisturized.
4. Avoid alcohol-based toners for 7 days.
5. Avoid direct sun exposure for at least 10 days if possible.
6. No exfoliation for 7 days.
7. No waxing for 7 days.

Recovery Timeline

Day 1: Your skin will likely look and feel like you have a sunburn.

Day 2: A red or pink hue may persist like a mild sunburn. Swelling may be more noticeable on the second day. This varies for everyone.

Day 3: Skin may be pink or normal color. Swelling subsides.

Day 4 and on: Skin may be dry and feel tight. Use of suggested post-procedure products will alleviate this.

***If you should have any questions or concerns, please call our office at
404-832-0300***