



MICRO-NEEDLING POST-TREATMENT INSTRUCTIONS

To minimize your recovery time and optimize your results, it is important to follow all post-procedure instruction as outlined below:

- Keep the new skin clean, cool, and moisturized. Avoid excessive sweating for 24 hours.
- A cool/cold compresses may be used as necessary to help minimize inflammation.
- Use a gentle cleanser as instructed by your esthetician/practitioner.
- Avoid irritating the skin with harsh chemicals, rubbing, or exfoliating for one week.
- You may resume wearing make-up 24-48 hours after treatment. We recommend using a light, breathable, mineral foundation applied with a brush. Avoid using sponges or rubbing make-up on to the face.
- Treated areas may peel briefly. Avoid picking or peeling the skin. A moisturizer will be recommended by your esthetician, which will help minimize its appearance.
- You **MUST** avoid direct sun exposure and tanning beds for at least **7-10 days** after your dermaplaning treatment. Your skin **WILL** burn easily after this procedure, which can cause severe hyperpigmentation.
- A broad-spectrum sunscreen, with SPF 30 or higher, should be used at all times. If circumstances should arise where sun exposure can't be avoided, it is important to reapply sunscreen often, and wear a hat to shield the face from direct rays of the sun.
- Do not use any harsh chemicals, including glycolic, alpha hydroxy, beta hydroxy, retinol, benzyl peroxide, salicylate/salicylic acid, or topical acne medicatios for **7-10 days** following treatment. Your esthetician will provide recommendations.
- You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) **7-10 days** after treatment or as instructed by your Esthetician.
- Contact your esthetician if you experience severe inflammation, appearance of sores, cracking of the skin, weeping, blistering, severe scabbing, or signs of infection.

CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS.