

## Microneedling Post Care



### Treatment Day : What to Expect?

The skin may appear red depending on the length of treatment and depth of the needles used.

#### Do's and Don'ts

- **Do:** 2-3 hours following the treatment, gently massage the treatment area with lukewarm water to remove all traces of serum and other debris. Use a gentle hydrating cleanser to clean the area.
- **Do:** Apply Hyaluronic Acid Serum or Copper + HA Mist to the area every 2-3 hours to keep skin hydrated
- **Don't:** Use a chemical based sunscreen.
- **Don't:** Apply makeup.
- **Don't:** Expose your skin directly to the sun.

### The Next Day: What to Expect?

Redness and pinkness of the skin may be similar to that of a moderate sunburn. Swelling may be more noticeable. Your skin may feel drier or tighter than usual. **Hyaluronic Acid** is an ideal ingredient to hydrate and restore your skin back to a perfect balance.

#### Do's and Don'ts

- **Do:** Continue to use non comedogenic serums to moisturize and hydrate your face. **Copper-based skincare** is recommended post-treatment, as the mineral properties promote healing in the skin and act as an antimicrobial as well. A hydrating serum containing epidermal growth factors may also help to strengthen the skin and support its repair.
- **Do:** Apply a practitioner approved sunscreen.
- **Don't:** Use any makeup applicators that may not be sterile.

### Day 3 and beyond: What to Expect?

Skin may still be slightly pink or will have returned to normal color. Swelling will subside. Your skin will continue to improve in the weeks following the treatment.

#### Do's and Don'ts

- **Do:** Return to your regular skincare routine, if it is comfortable for you. Normal amounts of sun exposure are fine.
- **Don't:** Use an alcohol based toner or retinol until at least 10 days after the treatment.