



## POST TREATMENT INSTRUCTIONS

TREATMENT: **Microneedling**

DEVICE USED: **SkinPen**

**Following post-care guidelines is crucial to the health of your skin and success of your results.**

### WHAT TO EXPECT

- **DAY 1:** Skin will be erythematous (red) and flushed after treatment, depending on the intensity of the treatment for 1-2 days after treatment. Pinpoint bleeding may occur. Do not apply makeup for at least 12 hours.
- **DAY 2:** A red or pink hue persists similar to a moderate sunburn. Swelling and slight bruising may be more noticeable on the second day. Minor scratches may be visible. Apply moisturizer as needed.
- **DAY 3:** Skin can be pink or normal color. Swelling subsides. The skin can feel dry or feel tight. A slight outbreak of acne or milia (tiny white bumps) is possible. Light peeling usually occurs in about three days and will be replaced with brand new skin.

### 4-72 HOURS POST TREATMENT

- DO NOT wash your face or shower for at least 6 hours after treatment. Wash face with a gentle cleanser using your fingers only. Gently massage the face with lukewarm water. Remove serum and other debris such as dried blood. Do not use a washcloth, scrub or a brush when cleansing your face. Cleanse areas twice a day. Do not use Vitamin C, Alpha-Hydroxy Acids, Glycolic Acids, Retinols or any other chemical exfoliating products for 72 hours.
- You will be given a gentle moisturizer to use post-treatment. You may apply this every 4 to 6 hours for the first few days after treatment. Your skin will feel very tight and dry. Frequent use of this moisturizer will help alleviate this feeling. Cold compresses may be applied following treatment for comfort. If neck or décolletage are treated, the redness might last slightly longer.
- Do not exercise for 24 hours after treatment. Avoid strenuous exercise for 2-3 days after treatment.
- You may take over-the-counter Arnica Montana for up to 7 days after treatment to decrease bruising and inflammation.

### 72 HOURS-2 WEEKS POST

- After 2-3 days patients can return to regular skin care products or as soon as it is comfortable to do so. Mineral makeup may be applied the following day.
- Avoid saunas, steam rooms, hot baths or showers until redness is gone.
- Avoid waxing, chemical peels, dermaplaning, microdermabrasion, facials, Botox, dermal fillers or any other skin care treatment two weeks after microneedling.
- Skin types Fitzpatrick IV-VI, pigment may darken prior to lightening.
- Continue to AVOID sun exposure to the treatment area and apply a broad-spectrum sunblock SPF 30+ or higher with zinc oxide and titanium dioxide. Apply it at least 30 minutes prior to sun exposure and repeat every two hours.

## **TREATMENT FREQUENCY**

- For treatment of acne scars and skin rejuvenation usually 4-8 treatments are recommended spaced 4-5 weeks apart.
- For management of stretch marks and surgical or keloid scars usually up to 8-10 treatments are required spaced apart every 5-6 weeks. More time in between treatments is suggested due to the aggressive trauma to the skin, allowing for proper recovery time to avoid over stimulation. If scars/stretch marks are younger than 6 months, less time in between treatments is allowed.
- It is recommended to have a minimum of 3-5 treatments, each treatment being 3-4 weeks apart to achieve the maximum benefit from microneedling. New collagen formation takes 4-6 weeks to develop. Please be patient.
- To maximize results, microneedling can be combined with other treatments including chemical peels, microdermabrasion, and laser resurfacing.

**If you suddenly develop other symptoms or have any questions regarding your treatment (or these instructions), please contact our office to speak to one of our RN's at 414.488-7900.**