MICRONEEDLING AFTERCARE INSTRUCTIONS

Avoid sun exposure for at least 24 hours. Do not tan or expose yourself to prolonged sunlight for at least two weeks. ALWAYS use sunblock (30 SPF or higher).

FOR THE NEXT 3 DAYS:

- Keep the treated area clean by washing with freshly washed hands and mild soap (such as Cetaphil) twice a day.
  - Do not use a washcloth or sponge to remove soap.
  - Do not use acne cleansers, astringents or anti-aging products.
  - Dry the area completely after washing by gently blotting with a clean tissue.
- Only wear mineral makeup.
- Sleep on your back with your head elevated to minimize pain and swelling.
- Avoid recreational water activities such as saunas, hot steam showers, and swimming.
- Avoid vigorous activities that will make you sweat.
- Flaking may occur and is natural. Do NOT pick, scratch, or scrub your skin.
- Allow it to flake off naturally.

Allergic Reaction or Infection: It is rare, but there is a chance of allergic reaction or infection

At any time you are uncomfortable please visit your physician for further information.

ONCE HEALED:

- Avoid hot steam showers as they can cause dehydrated skin and inflammation/cellular breakdown.
- Once your skin is no longer red, you may resume your regular skin care routine.
- After the 7 days healing period, always use a sunblock to protect from sun damage.