

## **WHAT TO DO AFTER MICRO NEEDLING PROCEDURE**

Once you have had the procedure done, do the following

**IF YOU HAVE A HISTORY OF COLD SORES PLEASE LET US KNOW SO WE CAN START YOU ON AN ANTI VIRAL**

**DO NOT EXPOSE YOURSELF TO THE SUN**

After you have undergone your microneedling procedure, stay out of the sun and do not apply any sunscreen, due to the toxins that may be contained in the lotion. Post procedure, the skin channels are completely open, and any toxins contained in topical applicants may be harmful to you.

**DO NOT USE ANY "ACTIVE INGREDIENT" SKIN PRODUCTS**

Post procedure, avoid any skin care product that has active ingredients. These commonly include things like Alpha Hydroxyl Acids, Retinol and other similar agents. The skin will be highly sensitive and these products will only irritate the it further. You may resume these products once the skin barrier is healed generally in 3-7 days.

**AVOID THE USE OF MAKEUP AFTER TREATMENT**

It is imperative that you let your skin "breathe" and recover for 24 hours after the procedure. The skin channels are open, and using a makeup brush can penetrate the pores, especially if they are very thin, causing further irritation. Using a makeup brush that has been used before can contaminate the skin and, consequently, lead to infections. Wait 24 to 48 hours before you apply face makeup to give your skin the necessary recovery time.

**AVOID SWEATING**

As you sweat the pores of your skin will reopen, and the bacteria on your skin may enter the skin punctures. This can lead to a either a reaction or infection.

**DRINK WATER**

It is important to stay hydrated before and after your procedure to help your skin heal and rejuvenate faster.

Contact us with any questions that arise during your treatment process.

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