

## MICRONEEDLING AFTER-CARE INSTRUCTIONS

Use a gentle cleanser and warm water to cleanse the face for 72 hours post-treatment, and gently dry the treated skin. Always make sure your hands are clean when touching the treated area.

We recommend serum antioxidants post-treatment, as its properties are ideal to help heal the skin by soothing and lessening irritation.

Following your treatment, your skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient you can use to hydrate and restore the skin back to perfect balance.

In the days following your treatment, and as the skin starts to regenerate, collagen-stimulating peptides are ideal to maximize the effects of the stimulation already started by the micro-needling.

We recommend you do not apply makeup for 24 hours after the procedure. In addition, do not apply any makeup with a makeup brush, especially if the brush is not clean.

Immediately after the procedure, your skin professional will apply a broad spectrum UVA/UVB, SPF 25 or greater sunscreen to your skin. We recommend a chemical-free sunscreen. Keep in mind that you should continue to use a sunscreen every day—not only the days following your procedure—as part of your skincare routine to protect your skin from sun damage and premature aging.

To ensure the proper healing environment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) scrubs or anything perceived as “active” skincare for one week post treatment.

Do not use any powered cleansing brushes like Clarisonic for one week post treatment.

Avoid intentional and direct sunlight or tanning beds for 1-2 weeks

Do not go swimming for at least 72 hours post-treatment.

Do not exercise or participate in strenuous activity for the first 24 hours post-treatment. Sweating and gym environments in general are harmful and filled with bacteria, which may cause adverse reactions in your skin.

**For more information about microneedling or any of our services, contact Contemporary Plastic Surgery at (904) 854-4800 or email [drdoolabh@changeisbeautiful.com](mailto:drdoolabh@changeisbeautiful.com).**