



# Microneedling Aftercare

## WHAT TO AVOID

- Do not take any anti-inflammatory medications such as Ibuprofen, Motrin, or Advil. These agents will interfere with the natural inflammatory process that is critical for your skin rejuvenation.
- Avoid self tanning or spray tans at least 2 weeks before and after your procedure.
- For at least 2 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C, or anything perceived as “active” skincare.
- Avoid direct sunlight for 48 hours. Absolutely NO tanning beds!
- No exercising or strenuous activity for the first 24 hours post-treatment. No swimming, saunas, or hot tubs.

**Day of procedure:** Do not apply lotions, makeup, or any other topical products before your treatment. After your procedure, your medical provider may apply a lipo-peptide booster, skin moisturizer, and sunscreen. You may clean your face with a gentle cleanser before bed.

**Day 1:** On the day after your treatment, you may clean your face as usual with a gentle cleanser, and apply a light moisturizer. Follow with sunscreen SPF 30 or higher, and be sure to reapply throughout the day. Makeup can be applied if desired, but it is best to let your skin breathe during this time.

**Days 2-7:** Within 2 days following your Microneedling procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, continue to wash your face with a gentle cleanser and use a gentle moisturizer, followed by a sunscreen in the morning. You may have a little micro bruising that may exist for 3-4 days. This can be easily covered by makeup if desired.

Days later, your skin may begin to start shedding. These are skin layers that would regularly shed a week later, but the Microneedling brings this skin to the surface sooner. During this temporary process, your skin will be dry. Use gentle moisturizer to relieve any discomfort.

**Days 7+:** A week after the Microneedling procedure, most patients notice that their skin is smoother, tighter, and more radiant.

Results vary, but usually a course of 1-3 treatments (maximum of 5, depending on the condition being treated) is typically recommended. If you require more procedures than this, you may have an unrecognized underlying medical condition and should consult with your provider. Keep in mind that the healthier your body is, the better your results will be from your Microneedling treatment. Your body's function and overall health are reflected in your skin.

(317) 855-9100 Zionsville Office

(317) 530-2392 Greenwood Office

## Products to Boost your Results

Ask your provider about these products to enhance today's treatment results!

\*Not for immediate use.

Product	Benefit
Skinceuticals H.A Intensifier	Visibly improves skin's firmness, texture, and plumpness.
Skinceutical C E Ferulic	Delivers environment protection and improves the appearance of fine lines and wrinkles, loss of firmness, and brightens skin's complexion.
<b>!New!</b> Skinceuticals Cell Cycle Catalyst	Boosts in office and at home treats. Promotes collagen and elastin production. Can be used as a pre-treatment serum to boost Microneedling results
Skinceuticals Retinol (.3,.5, 1.0)	Promotes skin cell turnover, improves fine lines and wrinkles and discoloration.



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