



## Post Treatment Instructions For Microneedling

- Most side effects are mild or moderate in nature and their duration is short (3 days or less). The most common side effects are redness, tenderness, firmness, and mild sensitivity to touch on the area being treated. As with all skin injection procedures there is a risk of infection.
- Until there is no redness or swelling, avoid exposure of the treated areas to intense heat (sun lamp or sunbathing). Avoid using Retin-A or Glycolic products for the first 3 days after treatment.
- If you have previously suffered from cold sores, there is a risk that the needle punctures could contribute to another occurrence. Continue anti-viral medications as instructed by your physician.
- Avoid sleeping, laying, or putting pressure on the injection site for the next week.
- You may wish to avoid taking aspirin, non-steroidal anti-inflammatory medications, fish oil, St. John's Wort, and high doses of Vitamin E supplements for one week after treatment. These agents may increase bruising and bleeding at the injection site. You should consult with your primary care doctor regarding the discontinued use of the afore mentioned medications.
- Do not put anything on the skin for 48-hours, that includes no make-up, no creams, and no sunscreen.
- After the first 48 hours you may apply moisturizers and SPF 30 sunscreen.
- Avoid direct sunlight for at least 7 days following your treatment.
- Do not use exfoliation products and avoid hot tubs, saunas, and pools for the first week after your treatment.
- For the best results, continue to wear sunscreen daily.
- We recommend that you take a high dose of Vitamin C 2,000 to 4,000 mg per day along with a collagen supplement. Also be sure to hydrate with 2 Liters of water per day. The healing process as this will give your system a boost and help you repair.
- Contact the Office immediately if you have any unusual symptoms, such as increasing pain, or the swelling and redness that does not subside within 3-4 days.