

SKINPEN MICRONEEDLING

POST CARE INSTRUCTIONS

Skin care following treatment:

- You have been given any remaining Lyft gel, which can be applied as needed the same day as your treatment. You should not apply anything else topically for 12 hours after your treatment.
- You have also been given Rescue gel and / or Hydrating B5 gel. You may apply these topically to your skin 2-3 times per day beginning 12 hours after treatment. Do not apply anything else topically for 24 hours.
- You may start gentle skin care 24 hours after your treatment; however, you should continue to avoid products containing exfoliants such as Retinol, salicylic acid, glycolic acid, and benzoyl peroxide. Avoid any product containing any potentially harsh ingredients. CeraVe is a great over-the-counter brand for gentle cleansers and moisturizers.
- Once your skin has completely healed (usually 2-3 days) you may resume your normal skin care routine.
- Do not engage in strenuous physical activity for 48 hours.
- Avoid excessive sun exposure for 48 hours and wear sun protection. **SUNSCREEN SHOULD NOT BE APPLIED WITHIN 24 HOURS OF TREATMENT.**

Expectations following treatment:

- You can experience redness and swelling for up to 48 hours after treatment. You may also experience micro-crusting or small bruises caused by needle entry. If micro-crusting occurs do not scrub, rub, or pick at the crusts. Allow them to come off naturally. Healing time varies per patient, but most resume normal activities after 48 hours. Bruising may last longer than 48 hours, but should resolve within 7-10 days.
- Microneedling can be performed every 4+ weeks. A series of microneedling is generally recommended in order to achieve optimal results.
- Do not hesitate to contact our office with any questions or concerns following your treatment.