

Microneedling

Aftercare Instructions

What to expect after your treatment

- Mild swelling and tenderness for up to 3 days
- Mild heat, and redness similar to a sun burn for 24 to 48 hours.
- Sensitivity to extreme heat or hot water for the first 2 days.
- Redness and peeling that lasts up to 7 days
- Results become apparent after 1 week, optimal results are achieved after 3-5 treatments

What is OK :

1. You may use a gentle soap free cleanser for the next week.
Fresh Face Cleanser, Cerave, Cetaphil, La Roche Posay are approved options
2. After cleansing we recommend moisturizing with Cicaplast Balm, but it is safe to use vaseline or aquaphor. If you use something other than these, please ask your provider if this is a good post-care option.
3. After 48 hours, CE Ferulic, Phyto Corrective Gel, Needle Free serum, and Thermal spring water will also help keep the skin hydrated and comfortable.
4. We require that you avoid sunlight completely for 7 days. After that, an SPF of 50 or higher is recommended for daily protection.
5. Stay hydrated, eat healthy food, avoid alcohol, and absolutely NO cigarette smoking.

What to avoid

- Discontinue any prescription and non - prescription retinoids for at least 5 days. (Examples include Epiduo, Tretinoin, Retin A, Differin, Alpha Ret, Renova, Retinol)
- Do not use any exfoliants, scrubs, or cleansers that contain harsh acids (i.e. glycolic acid, salicylic acid) , benzoyl peroxide, or micro beads.
- Absolutely no waxing or shaving for at least 14 days.
- Do NOT peel, scrub, or pick at the treated area as it heals.
- Avoid cosmetics for at least 48 hours.
- Avoid pools, hot tubs, lakes, or oceans for at least 7 days.

If you experience open sores, yellow crusting, blistering, prolonged redness, or suspect an infection, please call or text our office at 248-338-6400. Follow the instructions on the voicemail to reach the physician after hours.