

## **Microneedling**

### **Post-Care Instructions**

- Patients should take extra precautions to guard against sun exposure immediately following the procedure, as they may be more sensitive the first 48 hours following the treatment. It is imperative that you use mild sunscreen with an SPF of at least 30 and avoid any direct sunlight during treatment.
- To achieve the best results and to protect your skin, sunblock is recommended as part of your everyday skincare routine.
- Do not use skin exfoliants or scrubs for 10-14 days after treatment.
- No heat exposure (hot tubs, saunas, steam, or excessive exercise) for a minimum of 48 hours after treatment.
- Please clean anything that may encounter your face (phones, glasses) with alcohol pads and change your pillowcase tonight. We want to keep your face or treatment area as clean as possible to lessen breakouts.
- You should keep your skin free of any makeup or additional products not applied after the treatment for a minimum of 12 hours.