

# Microneedling

## Post-Treatment Care

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### **Immediately following treatment:**

- You will notice redness similar to a severe sunburn and you may experience heat and tightness in the area that was treated. This is normal and will subside after 1 to 2 hours and will normally diminish within the same day or within 24 hours.
- Some pain after procedure may occur. You may take an OTC anti-inflammatory like ibuprofen and use a clean ice pack wrapped in paper towels after procedure if needed.
- Do not apply an SPF for 12 hours after the treatment. After 12 hours, a broad spectrum UVA/UVB sunscreen with an SPF 30 or greater should be applied daily.

### **For 24 hours following your procedure:**

- Do not apply make-up
- Do not go swimming
- Avoid intentional and direct sun exposure. No tanning beds.
- Avoid exercising or strenuous activity that can cause sweating. Gym environments may have bacteria that can cause adverse reactions.
- Avoid hot showers, steam baths, and saunas.

### **Products for follow-up care:**

- For at least 3 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), or anything defined as 'active' skincare. If you have questions about a specific product, please consult your Aesthetician.
- Product Recommendations:
  - ◆ CLEAN – Use a gentle cleanser and tepid water to cleanse the face for 72 hours following treatment and gently pat dry the treated skin. Always make sure that your hands are clean when touching the treated area.
  - ◆ HEAL – Serum antioxidants like CE Ferulic are recommended post-treatment to help heal the skin. These products can help soothe the skin, lessen irritation and speed recovery time after the procedure.
  - ◆ HYDRATE – Following your treatment, your skin may feel drier than normal. Hyaluronic acid is an ideal ingredient to hydrate and restore the skin to a perfect balance. Use a hyaluronic acid product up to 3 times daily following your treatment.

**Contact your AOB Med Spa Aesthetician immediately at the sign of any infection after treatment or call 911 if you are experiencing a severe reaction.**

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