



POST CARE INSTRUCTIONS FOR MICRONEEDLING

Handheld Pen

1. Immediately following the treatment and for the 24 hours, the treated area may be red, irritated, itchy, swollen, and warm. Small scabs may form 24-72 hours post treatment and remain for several days. They will fall off on their own.
2. You will have a topical ointment, or PRP, applied to your skin before you leave the office. Please leave this on until the evening time. Before bed, rinse skin with tepid water and a gentle cleanser (we recommend iSClinical Cleansing Complex). Pat dry gently with a towel.
3. Redness of the treated area is common 1-3 days after the treatment. After 12 hours, a 1% hydrocortisone cream may be applied to the area 3-4 times to help reduce redness and/or itchiness.
4. You may have mild swelling of the treated area for 1-3 days. For areas that are particularly irritated, you may apply an icepack (NOT direct ice) to those areas for 1-2 days in 15min increments, 3-4 times a day as needed.
5. You may experience some flaking and peeling of the skin starting several days to a week after treatment. Allow this to heal naturally.
6. During the first 24 hours post treatment, care should be taken to prevent trauma to the treated site. Avoid hot baths, massages, irritating skin products (i.e. retinol), and exfoliants. The treated skin should be kept clean to avoid contamination or infection.
7. **Strict sun avoidance must be adhered to after microneedling.**
Prolonged or unprotected sun exposure (including tanning beds) can result in hyperpigmentation of the skin. Starting 24 hours after treatment, you will need to apply a topical sunscreen. We recommend iSClinical Eclipse SPF 50.
8. You can apply make-up to the treated skin starting 24 hours after the treatment.
9. Please contact the office with any questions or concerns that you may have.