

MICRONEEDLING AFTER CARE

First 24 Hours Post-Treatment

1. **Do Not Touch Your Face:** Avoid touching, scratching, or picking at the treated area.
 2. **Avoid Cleansing:** Do not wash your face for the first 12–24 hours to allow your skin to begin its healing process.
 3. **No Makeup:** Refrain from using makeup, as your pores are more open and susceptible to irritation.
 4. **Sun Protection:** Stay out of direct sunlight and avoid tanning beds. If you must go outdoors, wear a wide-brimmed hat.
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Day 2–7: Caring for Your Skin

1. **Cleansing:** Use a gentle, non-exfoliating cleanser to wash your face twice daily. Avoid harsh scrubs or exfoliants.
 2. **Hydration:** Apply a soothing, hydrating serum or moisturizer as directed by your provider. Hyaluronic acid-based products are ideal.
 3. **Sun Protection:** Wear a broad-spectrum SPF 30 or higher every day, even if you're indoors or it's cloudy.
 4. **Avoid Irritants:** Do not use retinoids, alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), or any active skincare ingredients for at least 5–7 days.
 5. **No Heat:** Avoid hot showers, saunas, or intense exercise that causes excessive sweating for at least 48 hours.
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What to Expect

- **Redness:** Your skin may appear red and feel like a mild sunburn for the first 1–3 days.
 - **Peeling or Flaking:** Mild peeling or dryness may occur as your skin heals. Do not pick or peel any flaking skin.
 - **Sensitivity:** Your skin may feel tight, sensitive, or slightly swollen—this is normal and will subside.
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Avoid These Activities for 7 Days

- Swimming or soaking in hot tubs.
- Exfoliating treatments like scrubs or chemical peels.
- Laser treatments or waxing on the treated area.

- Excessive sun exposure.
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When to Contact Us

If you experience any of the following, contact our office immediately:

- Excessive redness or swelling lasting more than 3 days.
 - Signs of infection, such as pus, increased warmth, or severe pain.
 - Any other concerns or unusual symptoms.
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Maximizing Your Results

- Drink plenty of water to support your skin's healing process.
- Follow up with any recommended products or treatments as advised by your provider.

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