



PRE-APPOINTMENT & AFTERCARE INSTRUCTIONS

MICRONEEDLING

Aftercare Instructions



No alcohol
for 24 hours



No rubbing or
massaging



No direct sun
exposure



No NSAIDs for
24 hours



No exercise for
72 hours



No chemical or
physical exfoliants



No makeup
for 24 hours



No sauna or
swimming for 7 days



Only touch face with
clean hands

- Redness is evident immediately following the procedure.
- Makeup should not be worn for 24 hours.
- Swelling and bruising may appear after 24 hours.
- Do NOT use any sort of physical or chemical exfoliant including scrubs, AHA, BHA, retinol, retinoids, tretinoin, etc.
- Wear sunscreen daily and reapply as needed.
- Any sun exposure following treatment can lead to scarring, discolorations, spots and more that can be irreversible.