

## **Post procedure after care:**

### **DO NOT EXPOSE YOURSELF TO THE SUN**

After you have undergone your microneedling procedure, stay out of the sun and do not apply any sunscreen, due to the toxins that may be contained in the lotion. Post procedure, the skin channels are completely open, and any toxins contained in topical applicants may be harmful to you.

### **DO NOT USE ANY “ACTIVE INGREDIENT” SKIN PRODUCTS**

Post procedure, avoid any skin care product that has active ingredients. These commonly include things like Alpha Hydroxyl Acids, Retinol and other similar agents. The skin will be highly sensitive and these products will only irritate the it further.

### **USE COLLAGEN STIMULATING PEPTIDES**

As microneedling serves to stimulate the production of collagen, the skin needs higher amounts of collagen than normal to recover optimally. Collagen Stimulating Peptides assist in that process, further aiding in the stimulation of collagen production.

### **AVOID THE USE OF MAKEUP AFTER TREATMENT**

It is imperative that you let your skin “breathe” and recover for 24 hours after the procedure. The skin channels are open, and using a makeup brush can penetrate the pores, especially if they are very thin, causing further irritation. Use only new MINERAL face make up and a CLEAN brush or new sponge. Using a makeup brush that has been used before can contaminate the skin and, consequently, lead to infections. Wait 24 to 48 hours before you apply face makeup to give your skin the necessary recovery time.

### **USE A COOLING FACE MASK**

After you have undergone microneedling, you may experience some skin inflammation or redness. Using a cooling mask will help reduce the inflammation or redness of the skin, giving you more comfort. Please let me know if you would like to be sent home with a hydrating hyaluronic sheet mask from the pharmaceutical line I use.

### **USE AN ANTIOXIDANT SERUM**

Antioxidant serums have properties that assist in healing the skin. Serums assist in soothing the skin and further reduce irritation.

### **AVOID SWEATING**

As you sweat the pores of your skin will reopen, and the bacteria on your skin may enter the skin punctures. This can lead to a either a reaction or infection.

### **DRINK WATER**

It is important to stay hydrated before and after your procedure to help your skin heal and rejuvenate faster.

