

Micro Needling Post Treatment Instructions

POST-TREATMENT PATIENT INSTRUCTIONS

- Immediately post treatment, clean the skin using a sterile saline soaked gauze and dry. Use an air cooler or towel wrapped ice pack to calm the skin down, if needed.
- Cooling is allowed if needed with a towel-wrapped ice pack and apply post treatment moisturizer per physician recommendations.
- Mild crusting might be noted 1-5 days following treatment. Crusts will disappear naturally in several days. Do not to pick at the crusts. Soaking skin in the shower for 10-15 minutes and rubbing very gently with a washcloth can help with sloughing.
- Avoid harsh topical products, exfoliants or alcohol-based toners for two weeks. Otherwise, after 24 hours, patients can resume their normal skin care regimen or as directed by physician.
- Avoid vigorous activity, excessive heat, or sun exposure for at least 1 week.
- Avoid sun exposure for the first day and beginning on the second day, apply a broad spectrum UVA/UVB sunblock with an SPF of 30+ according to the product manufacturer's instructions. Until the skin returns to normal, when outdoors always use an umbrella, hat or other available protection against sunlight.
- Wait 6-8 weeks in between treatments.
- Most patients achieve best results with 2-4 treatments.
- Avoid derma-plaining for 2 weeks.

EXPECTED SKIN REACTIONS AND RESULTS

- 1 day Post-Treatment: Redness and transient edema, skin begins to turn to a condition similar to before treatment.
- 3 days - 1 week Post-Treatment: Brighter skin tone and significant reduction in sebum secretion in oily skin types.
- 1 month Post-Treatment: Improvement of fine wrinkles and skin laxity.
- 1-3 months Post-Treatment: Continuous improvement of fine wrinkles, pores size, scars and skin laxity.
- Common expected skin reactions include erythema (redness), edema (swelling), transient pin-point bleeding, and very slight discomfort after treatment. Pin-point bleeding should stop within minutes after application, discomfort within a few hours and erythema and edema gradually diminishes to normal in 1 to 3 days.
- Crusting begins to appear 1 – 2 days after treatment and sloughs off in 3 – 5 days.
- Other less common skin reactions include petechia which fade in a few days or bruising (purpura) which can take up to a week to disappear.
- Other skin reactions include irritation, itching, and burning sensation. These typically subside in a few hours to 1 day, but may get aggravated with heat or sweating. If these reactions continue consider evaluating for possible infection, changing their skin care regimen and/or short-term use of mild topical steroid like hydrocortisone.