



RIVERSIDE MEDICAL ARTS

Pre and Post Treatment Instructions Micro Needling

Prior to Treatment

Before the Micro Needling treatment please observe the following:

- No Retin-A products or applications for 12 hours prior to your treatment
- No Auto-immune therapies or products 12 hours prior to your treatment
- No prolonged sun exposure to the face 24 hours prior to your Micro Needling Treatment.
Treatment will not be administered on sun burned skin.

What Can Be Expected

After the Micro Needling treatment please be aware and observe the following:

- Immediately after your Micro Needling treatment you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after 1 to 2 hours and will normally recover within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.
- Professional skin care products are recommended to use post procedure to help soothe, calm and protect the skin.

Instructions

- **Clean** – use a soothing cleanser or face wash with tepid water to cleanse the face for the following 48 hours and dry gently. Always make sure your hands are clean when touching the treated area.
- **Heal & Hydrate** – Following your Micro Needling treatment as the skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to perfect balance. Products with human growth factors and peptides will help soothe and lessen irritation.
- **Stimulate** – in the days following your Micro Needling treatment as the skin starts to regenerate collagen stimulating peptides are ideal to keep the simulation going.
- **Make-Up** – It is recommended that make up is not applied for 12 hours after the procedure although your practitioner may be able to supply you with specialized mineral make-up that they feel would be suitable for use during this period. Do not apply any make-up with a make-up brush, especially if it is not clean.

What To Avoid

To ensure the right healing environment observe the following:

- For at least 24 hours post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in low pH formula) or anything perceived as 'active' skincare.
- Avoid intentional and direct sunlight for 24 hours. No tanning beds.
- Do NOT go swimming for at least 24 hours post treatment
- No exercising or strenuous activity for the first 24 hours post treatment. Sweating and gym environments are harmful with bacteria and may cause adverse reactions
- No sunscreens within 12 hours of treatment as the ingredients can be toxic to the treated area

Please call our office if you have any additional questions after the procedure.