

Microneedling Post Care Treatment & Instructions

- For warmth, swelling, or discomfort, a cold compress, ice pack, or Tylenol may be used.
- If an antibiotic or antiviral was prescribed for you, please take exactly as directed.
- Peeling and skin flaking are common side effects that occur within 48-96 post treatment. Do not pick, rub, or peel off any skin during this healing process. These actions can result in scarring and/or infection. Do not use a Clarisonic or any other scrub brushes during peeling.
- Avoid direct sunlight during the peeling phase. After the skin has healed, wear SPF 45-50 sunscreen with re-applications every 2 hours.
- Avoid strenuous exercise and sweating until after skin is healed. In addition, limit activity in hot tubs, extremely warm/ hot showers, and saunas.
- Avoid any other facial treatment for 4 weeks.

Skin Care Regimen Instructions

AM: _____

PM: _____

The use of the above recommended products is encouraged. No guarantee or claim is made to results if an alternative product is used.

Warning

Swelling following the microneedling treatment is common. However, if you have excessive swelling or any signs of infection, please contact the office immediately (513-791-9474). Signs of infection include:

- Drainage that looks like pus
- Increased warmth in the treatment area
- Significant tenderness or pain in the treatment area
- Fever of 101.5 or greater