

## **Microneedling Post Care**

1. Immediately following your microneedling procedure you will look as though you have a moderate to severe sunburn. Your skin may feel warm and tighter than usual. This is normal and will typically subside after a few hours. Your skin will normally recover within about a day post procedure.
2. Use a gentle cleanser, moisturizer, and SPF 30 Broad Spectrum for three days following your procedure. Active skincare, such as Vitamin C, retinol, AHA/BHA, etc may be resumed thereafter.
3. Do not go swimming or utilize the sauna or steam room for one day after your procedure.
4. No exercising or strenuous activity for one day after your procedure
5. Avoid direct sun exposure for 7 days
6. Apply sunblock/sunscreen daily for at least the first 3 days. Ideally reapply every 2 hours
7. It is recommended to avoid makeup or utilize it sparingly for 3 days. However, you may apply light foundation or powder if needed.
8. Do not massage the skin for 5 days
9. Apply moisturizer morning and night. Reapply as needed
10. Should you experience increasing pain, redness, pustules, or other symptoms of infection, please our office immediately via call or text: 503-610-3248

## What is Microneedling?

Microneedling, also known as Collagen Induction Therapy, is a cosmetic procedure that involves repeatedly puncturing the skin with tiny, sterile needles. This creates micro-injuries to the skin, which triggers our body's healing process. This healing process stimulates the production of collagen and elastin, which in turn heals our skin, reduces the appearance of skin concerns, and makes us look younger. As we age, our bodies lose the ability to produce collagen and elastin. This procedure helps stimulate our body's production to give us young, vibrant, beautiful skin.

## What common concerns does microneedling address?

- Acne scarring
- Fine lines/Wrinkles
- Uneven skin tone and texture
- Large Pores
- Dull Complexion
- Aging/loose skin
- Large Pores
- Dull Complexion
- Very dry skin
- Oil control

## How to prepare for your treatment

- No Retinol or chemical exfoliation 1 day before your procedure
- No auto-immune therapies or products 12 hours before your procedure
- No prolonged sun exposure to the area for 24 hours prior to procedure. Microneedling will not be performed on sunburned skin.
- On the day of your procedure, please keep your skin clean and do not apply makeup
- If you experience an active breakout of any kind, including herpes and acne, prior to your procedure, please contact our office before your appointment as active breakouts may cause your procedure to be cancelled.

## What to expect at your Microneedling Appointment?

We will start your appointment by greeting you and taking before your pictures. Your experienced provider will perform a thorough skin assessment, talk in depth about your skin, your desires/goals and if you are a good candidate for microneedling. Once a game plan is established your provider will place a gentle, topical numbing gel to your skin to ensure you are comfortable. After about 15 minutes of numbing and discussing the aftercare, the fun begins! We will place the best serums on your skin, such as Hyaluronic Acid or Growth Factors, and begin making passes with the device. The appointment length is about 60 minutes from start to finish.

## How much downtime should you expect?

Typically, you should expect to leave looking red and inflamed, like you are sunburned. However, this dissipates within 24 hours and you are typically able to resume normal activities the next day. When planning for your procedure, it is always safe to allot 3 days for healing time. Breakouts, dryness, and flaking may occur as your skin heals.

What to do after your appointment:

POST CARE ^^

When will you see results:

This all greatly depends on your skin and your goals. Many of our patients experience visible results at 1-2 weeks. However, peak results are seen at 4-6 weeks. A series of 3-6 treatments spaced one month apart is recommended for optimal results.

How much does microneedling cost:

-Individual treatment: \$250

-Series of 3: 735