

## Microneedling Care Instructions

Microneedling causes controlled micro-injuries that stimulate your body's natural wound healing process. These micro-injuries trigger the release of cytokines and growth factors that lead to remodeling of collagen and elastin. The procedure creates hundreds of tiny micro-channels in the skin with minimal damage to the epidermis.

While the micro-channels are open in the 24 hours following your micro-needling procedure, it's particularly important not to use topical skin care products that contain ingredients that will irritate your skin or hinder the skin rejuvenation process. You don't want potentially irritating ingredients to reach the dermis and prolong inflammation of your skin following the procedure.

### During Treatment

- The length of the procedure depends on the area(s) treated. Your provider may apply numbing cream to your skin prior to the treatment. This will help reduce discomfort of the treatment.
- You may feel a "prickling sensation" in areas during the treatment. This is most often felt around the jaw, forehead, and upper lip.

### After Treatment

- Your skin will feel warm and tighter than normal. This sensation usually subsides in the first 24 hrs. This sunburnt look can last up to 48 hrs.
- You may have pinpoint bleeding in areas. This bleeding should stop within a couple of minutes.
- You may see small areas of bruising. This usually appears after the first 24hrs and lasts 3-4 days. You can cover these small bruises with mineral based makeup.
- Peeling and flaking can be seen on some patients 2-4 days after the treatment. Do not pick or scratch at the skin.
- Do NOT take any anti-inflammatory medications such as Ibuprofen, Motrin or Advil because these will interfere with the body's natural inflammatory process.

### How to care for your skin after treatment

- Wash your skin daily with a gentle cleanser and tepid water. Pat dry, don't scrub.

- Apply a gentle moisturizer as needed. Your skin will feel dry, flakey and tight so apply moisturizer as frequently as needed.
- Avoid products with "active ingredients" like retinols, alpha hydroxy acid (glycolic), or hydroquinone for at least one week, unless specifically instructed. These products may cause additional irritation and sensitivity.
- Makeup can be applied after the first 12 hrs. Mineral-based makeup is a good choice for the first couple of days as it has a lower chance of irritation. Do not apply makeup if skin is broken or scabbed.
- Sunblock should be applied every day after microneedling to protect the healing tissues. Typically physical sunblocks are preferred over chemical sunblocks. Chemical sunblocks may cause more irritation.

Microneedling can be repeated every 4-6 weeks.

**Questions/Concerns.** Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.