

Micro-Needling Post Procedure

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Immediately after your Micro-Needling procedure, do not take any anti-inflammatory medications such as Ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. Follow these simple steps:

Day of procedure: No lotions, makeup or other topical products on your face before your procedure. After your procedure I will provide you with an ointment to apply, while healing. You may clean your face with a gentle cleanser before bed.

Day 1: On the next day, you may clean your face as usual and apply makeup, lotions and other topical products as usual. Stay away from exfoliants or glycolic acids that are present in cleansers as these can make your skin very dry after the procedure. Be sure to use an approved SPF30 or greater sunscreen! If needed extra moisture use ointment provided.

Days 2-7: Within two (2) days following your Micro-Needling procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer. Follow the instructions given to you by your medical professional. This does not happen to everyone, it depends on what current skin care regimen you are on.

Days 7+: A week after the Micro-Needling procedure, most patients notice that their skin is smoother and more radiant.

Results vary, but usually a course of 1-3 treatments (maximum of 6 -8 , depending on the conditions treated) are typically recommended. If you require MORE treatments than this, you may have an unrecognized underlying medical condition, and should consult with your provider.

If you are on any topical prescription medication, consult with your dermatologist to see when you can continue using prescription.

Of course, results may vary from person to person. Keep in mind that the healthier your body is, the better your results will be. Your body's function and overall health are reflected in your skin. Please know that I am available via text at 206-398-9492 or email at jeannetteak7@yahoo.com

Please do not introduce anything to your skin unless we have discussed that it will be ok to apply while you are healing.