



Microneedling:

- Wash face with gentle cleanser for 3-5 days post-treatment
- Avoid exercise or sweating for 1 -2 days post treatment
- Protect your skin from sun exposure. After microneedling treatment, your skin may be more sensitive to sunlight. Wear mineral-based sunscreen and physical protection (for example, a hat).
- Avoid direct sun exposure
- Apply moisturizer and/ or hyaluronic acid to dry skin throughout the day
- Makeup may be applied 2 days after the treatment
- Avoid using tretinoin and retinol until skin is no longer peeling, approximately 5 days.