



Microneedling Post Care Instructions:

1. Your recovery time will vary depending on the depth that was performed per session today. You can expect recovery in 2-4 days or your skin care professional will inform you if different.
2. Avoid direct sun exposure for 3-5 days.
3. Physical sunscreen is mandatory. Use spf 30+ and reapply least every 2 hours.
4. Refrain from any waxing or laser treatments for at least 3 weeks.
5. Avoid exercise, swimming, hot tub, sauna, and steam rooms.
6. Do not exfoliate or use exfoliating products such as astringents, acids, or products containing alcohol or fragrance.
7. Avoid makeup for 24hrs.
8. Increase water intake to include 8 glasses per day.
9. Cleanse treated area with gentle cleanser every day after a procedure. DO NOT USE WASHCLOTH.
10. DO NOT pick at your skin, blisters, or scabs after your procedure.

Client Signature _____ Date_____

Skin Care Professional _____ Date_____