



## **Microneedling Aftercare Instructions**

Starting 2 days before your microneedling procedure, discontinue use of active ingredients such as retinoids, glycolic acid, salicylic acid, lactic acid, AHA/BHA, benzoyl peroxide. If you are unsure about whether you should discontinue any of your skin care products please consult with our office.

### **First 24 Hours:**

- Immediately following microneedling, your skin will be red and it may feel tight and dry, similar to a mild to moderate sunburn.
- Wash your face using **only** cool water.
- Apply products provided during your visit today as needed for hydration. These include but are not limited to SkinFuse Lift HG.
- Avoid sunscreen, makeup, strenuous exercise, hot tubs, and saunas.

### **After First 24 Hours:**

- Skin may begin lightly peeling and/or flaking.
- Resume sunscreen application.
  - It is best to use mineral based sunscreen (i.e. zinc and/or titanium) while your skin is healing for the first full week.
- Resume using a gentle face wash and moisturizer.

### **In 1 Week:**

- Peeling/flaking should be complete or nearly complete.
- Redness/pinkness should be resolved.
- Resume normal skin care routine including active ingredients.

**For any questions or concerns, call our office at (805) 770-3999.**