

## Micro- Needling Post Procedure

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: Skin moisturizer, and sunscreen. 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 because these products can cause your skin to be very dry after the procedure. Be sure to use an approved SPF 30 or greater sunscreen!

**Day 2 to 7:** Within two 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. Around the eyes, you may have a little micro bruising that may exist for three or four days. This can easily be covered with makeup.

**Day later,** your skin will start shedding. These are skin layer that would regularly shed a week later, but the micro needling brings this skin to the surface sooner. During this temporary process, your skin will shed and be dry.

**Day 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 5, depending on the condition being treated) is typically recommended. Of course, results may vary from patient to patient.

***Keep in mind that the healthier your body is, the better will be the results you achieve from a Micro needling procedure.***

If there is any concern, PLEASE call/text 619 692 9300 AND email us photos to [patients@beautyandbodylounge.com](mailto:patients@beautyandbodylounge.com) so we can further assess the situation.

