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### **MICRONEEDLING AFTERCARE INSTRUCTIONS:**

Microneedling is generally regarded as “minimal downtime” treatment. However, some patients may experience some temporary after effects. Keep in mind that a strong reaction means better results ultimately as long as these instructions are followed:

1. Redness and minor swelling occurs immediately after treatment and lasts up to 5 days depending on your skin’s sensitivity. Ice packs wrapped in a wash cloth, cold water compresses, and aloe vera gel can be applied to ease temporary discomfort. We highly recommend the Avene spray application multiple times throughout the day for its cooling effects. Avoid hot water, exercise, or hot showers.
2. Temporary peeling can occur and will resolve in 7 to 10 days. Apply SPF 30 sunscreen containing moisturizer (e.g. Elta MD facial 30 available for purchase in our office) in the morning and moisturizer at night. Wash gently with only mild cleansers such as Cetaphil or Cerave. Do not scrub the face or pick at any scabs.
3. Let us know if you have a history of facial cold sores (herpes simplex) and you will be given a prescription for antiviral medication to take prior to your microneedling.
4. Make up can be applied the following day after your peel. We recommend using NEW makeup to decrease the risk of infection. Apply SPF 30 or higher sunscreen with moisturizer before applying makeup.
5. Sun exposure must be avoided while undergoing your series of light peels. If you must be outdoors, wear a broad brimmed hat and reapply water resistant sunscreen (e.g., Elta Sport 50) hourly. Be advised that sun exposure may cause pigmentation, sunspots and fine lines to recur.
6. You can restart Retin A, or other skin treatments in 7 days, after all peeling has resolved. Remember to discontinue them prior to your next peel. Peels can be done every 3-4 weeks.