



## *Post-Microneedling Instructions*

- Some redness or slight scaling may occur a few hours up to 24 hours
- Sunscreen of SPF 30 should be used daily after 24 hours
- Avoid active products that can irritate skin 48 hours
- Avoid steam, sauna, swimming and jacuzzi for 48 hours
- Patients should NOT exercise or do strenuous activity for the first 24 hours post-treatment. Sweating and gym environments can be harmful and may cause adverse reactions, due to open pores and bacteria.
- Avoid alcohol 24 hours
- Makeup can be applied after 24 hours
- Rejuvenation of skin may be seen as soon as 2 weeks and as long as 6-8 months after the procedure.
- Burn scars are slow to respond. It can take up to 6 months to 1 year to see the final results from a single treatment.
- Patients should NOT scratch or peel the skin as this may cause permanent scarring
- Patients should drink plenty of water
- Patients should 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 the skin rejuvenation. Use Tylenol only as needed for any discomfort.

*Call MM Beauty at 916-520-9310 with any questions or concerns!*

*Thank you and I hope to see you again soon!*