

TIMELESS.

LASER & BODY CLINIC

Micro Needling Aftercare Instructions

What can you expect following your Micro Needling treatment?

Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. You may also notice some slight swelling, both are normal and should subside after 1 to 2 hours and will normally diminish within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.

Do not wash your face for 24 hours or use any products. You may only use the provided Hyaluronic acid treatment provided to you, by your medical professional. Make sure your hands are clean before touching your face. Do not take any anti-inflammatory medications such as Ibuprofen, Motrin or Advil. Should you require any pain relief, please take Tylenol.

Day 1: On the next day (after 24 hours), you may wash your face with a gentle cleanser and apply makeup, moisturizer and other products as usual. Stay away from exfoliates, glycolic acids and Retinol products. Micro needling treatments can enhance product penetration up to 500%. This can be beneficial or harmful depending on what your current skin care regimen is. Be sure to use an approved SPF 30+ sunscreen!

Days 2-7: Within two (2) days following your 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 moisturizer.

Days 7+: A week after your procedure, most patients notice that their skin is smoother and more radiant. Results vary, but usually an average course of 3 treatments is typically recommended to achieve the full results. Of course, results may vary from patient to patient.

What to Avoid:

- For at least 3 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Avoid intentional and direct sunlight for 48 hours. No tanning beds. Use sunscreen daily!
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments must be avoided during the first 72 hours post-treatment.

If you have any questions regarding your aftercare, please do not hesitate to contact us at anytime...

Call or text us at: 778-657-6900 or email: info@timelesslaserclinic.ca