

MICRO NEEDLING TREATMENT INSTRUCTIONS

What is micro needling and what are the benefits of the treatment?

Micro needling is a minimally invasive cosmetic procedure that involves the use of fine needles to create tiny punches in the skin. This triggers the skin's natural healing response, which promotes collagen production and can improve the appearance of wrinkles, scars, and other types of skin damage.

There are many benefits of micro needling, including

- Minimally invasive: micro needling is a much less invasive option than more traditional cosmetic procedures like facelifts or laser resurfacing.
- Safe for most skin types: because it does not involve the use of heat or chemicals, micro needling is safe for most people
- The main benefit of micro needling is it improves skin texture. It does this by stimulating collagen, which is great for rejuvenating the skin. As a result, it can help improve a number of key skin concerns.
- Micro needling can help soften fine lines, fade acne scars, tackle ultraviolet (UV) damage like hyper-pigmentation and age spots, shrink pores, brighten skin, and reduce the appearance of stretch marks.

What to expect during your micro needling treatment

During your micro needling treatment, the practitioner will use a device with fine needles to create tiny punctures in the skin. The needles used vary in size and can penetrate the skin in different depths, depending on your needs.

Most people report feeling little to no pain during the procedure. However, if you do experience discomfort, let your practitioner know so they can adjust the depth of the needles or apply a numbing cream if appropriate.

The treatment itself usually takes less than an hour. Afterwards, your skin may appear red and swollen, but this should subside within a few hours.

Once the procedure is complete, you'll be given after care instructions that will detail how to care for your skin in the days and weeks following treatment.

It's important to follow these instructions carefully to ensure optimal results and minimize the risk of side effects.

Aftercare tips

LAY LOW FOR THE NEXT 24-48 HOURS!

Sun Protection—As a general rule, you should reach for sunscreen every time you go outside, but especially for the first 2 weeks after micro needling! Also DO NOT spend prolonged time out in the sun for the first week after your micro needling procedure, as you'll be more prone to sun damage than usual.

Avoid Infection—Wash your hands before you touch your face. Don't put on make-up in the 24 hours following micro needling. Avoid swimming pools, saunas, and situations you might sweat heavily, including intense workouts at the gym. After 72 hours have passed, you may be able to resume these activities.

Skin Care Products to avoid—exfoliants, retinol, and vitamin C. Any skin care products that contain harsh chemicals meant to exfoliate or are scented should be avoided. Avoid glycolic acid or alpha hydroxy acids (AHAs). Retinol and vitamin C serum should be avoided for at least the first 48 hours after micro needling. Once 2 full days have passed, you might want to gradually add products that have strong anti-aging formulas. It is best to run any skin care products by your practitioner before leaving your appointment.

Micro needling healing stages: What to expect

After you have a micro needling procedure, some side effects are to be expected. When you leave your appointment, your skin may be flushed or bright red, as if you have spent the entire day out in the sun and have a mild to moderate sunburn. The redness that you experience from micro needling will mostly fade within 48 hours. Other symptoms, such as peeling and breakouts, might take slightly longer to resolve.

Most of the visible recovery from micro needling happens in the first day or two after treatment, but healing will still be happening under the surface of your skin for up to 2 months afterwards. Even with careful aftercare, there isn't much you can do to get rid of the redness immediately after micro needling.

Swelling is typical up to 48 hours after the procedure. Flaking or peeling after micro needling is also relatively common. Other side effects, like bumps, breakouts, and dry skin, are also common after micro needling—but not everyone will experience them.

Taking care of your skin with moisturizers and gentle cleansers can minimize side effects. Luckily, the expected post micro needling downtime is relatively short compared with some other cosmetic procedures.