



## Micro-Needling (Collagen Induction Therapy) After-Care Instructions

- Wash the treatment area thoroughly a few hours after treatment using tepid water and a gentle cleanser to remove serum and other debris such as dried blood. This improves the skin's appearance and also allows for better subsequent absorption of the post-procedure serum.
- Do not apply makeup for at least 24 hours. After 24 hours, mineral makeup may be applied using a **CLEAN** brush.
- For the first 1–3 days, skin will be dry and feel tight; some flaking is normal. Frequent use of hydrating products will help alleviate dryness.
- Use a physical sunscreen daily.
- After 5–7 days, return to regular skin care products. Vitamin A products are optimal and recommended.
- Tylenol may be taken for discomfort, but avoid anti-inflammatories for 2 weeks, if possible. These include: Aspirin (unless taking for a heart regimen or clotting disorder), Motrin®, ibuprofen, Aleve®, and many prescription arthritis medications.
- Avoid alcohol-based toners/lotions/RetinA/hydroquinone products for 10 days.
- Avoid direct sun exposure for at least 48 hours if possible.

### Recover Timeline

**Day 1:** Erythema and red appearance severity will depend upon how aggressive the treatment was performed.

**Day 2:** A red or pink hue persists like a moderate sunburn. A small amount of swelling could be visible.

**Day 3:** Skin may still be pinkish, but should start to return to normal color.

**Please contact us with any concerns or questions: (208) 339-0106**

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