

Acupuncture Associates Microneedle Aftercare Instructions

- You will be red for 8-12 hours following the procedure
- Aloe Vera can help reduce redness and inflammation
- No makeup for the next 24 hours
- No exercise or sauna for the next 24 hours as sweat can increase skin circulation which will further irritate the skin
- Stay completely out of the sun for the next 24 hours
- Wear physical protection from the sun if you go outdoors (i.e hat, sunglasses) for the next week. Do not use a chemical sunscreen for 1-week post-procedure. We recommend using only a mineral sunscreen between treatments.
- Use Hyaluronic Acid before bed tonight and when you feel dry for the next week.
- Wash your face with warm water (no cleanser or soap) for the next 24 hours.
- You can go back to your normal facial routine after 24 hours, but avoid any mechanical exfoliation for 1-week post procedure.

Notes:

It takes 2 weeks to see the full results from today's procedure.

The time between each full microneedling procedure must not be less than 1 month. However, nano treatments (spot treatments) may be done weekly to increase/speed up results.