

Post Micro-needling instructions

Your face may appear red or pink for up to 3 days, depending on your skin type

Continue drinking 64 ounces of water for 4 more days after procedure.

Wear at least 30 SPF sunblock , starting 24 hours after procedure, even when you are indoors, between the hours of 9 am and 5 pm, and re-apply every 2 hours.

It is best to avoid make-up or washing your face for 24 hours

Avoid sweating, exercise or sauna for first 24 hours

Moisturize your skin with hyaluronic acid twice a day after washing, and then apply moisturizer

Healthy sunscreen choices:

Kinfield Daily Dew Facial Sunscreen SPF 35 in the gold container Amazon

Vanicream Facial Sunscreen SPF 30 Amazon

Crunchi Sunlight Daily Facial Sunscreen SPF 30 On line Crunchi.com

Kinfield Sunglow luminizing facial Sunscreen in the gold container SPF 35 Amazon

Moisturize and nourish

Use the PCA liquid cleanser that you were given at your appt.

Bubble skincare slam Dunk Hydrating Moisturizer Amazon

Beauty of Joseon Dynasty Cream Face Moisturizer for dry skin Amazon

Olay Regenerist Shea Butter and Peptide 24 hydrating Face Amazon, Walmart, etc.

Olay Regenerist Hyaluronic -Peptide gel moisturizer for dry skin Amazon, Walmart, etc.

Pure shea butter (sold on amazon). This also has healing qualities. You can melt it over the stove and let it cool a little before applying.

These products have very low 0-2 toxicity. You can check EWG.com (environmental working group) to find make-up and other skin care products that have 0-2 level of toxicity. It is preferable to use only 0,1,or 2 level of toxicity.

Pre Micro Needling instructions

Start drinking 64 ounces of water a day 2 days before appointment. This is very important. The RF uses the water that is in your body. You will get a better outcome if you are well hydrated.

Pick up from the office a pair of gloves to use while you are applying the numbing cream.

Wash off all makeup (except mascara and eye liner are ok)

Apply cream liberally to face and neck 1/2 hour to 1 hour prior to your appointment

If you would like your eyelids treated, apply to the area under eye with a Q tip, but AVOID getting cream in your eye;

Apply with q tip to lower eyelid but not upper eye lid. Do to get cream in your eye, as it will make your eye numb for several hours.

Stop the following 7 days prior to procedure: and do not use for 7 days after procedure

Aspirin

Omega 3 supplements

NSAID's

Retinoid cream

*** If you are on a blood thinner, micro-needling is not the right procedure for you.