



Microneedling Patient Take Home Information

- You can resume normal activities as long as you are not exposed to direct sun light or any activity that promotes sweating. You can resume exercise the next day.
- You can apply remaining HA Gel immediately or Elta MD Silver Gel to the skin after 4 hours and/or the night of the treatment. (wash hands before each application). Your skin will feel dry and we want you to use the products listed above but please do not apply anything additional and unless you have approved it with us ahead of time.
- If you received PRP treatment in combination with the Microneedling your skin will feel dry and rough in texture, but you can continue to apply the HA Gel or Elta MD Silver Gel to the skin. Do not wash until the morning after your procedure.
- You will have redness and a flushed appearance for up to 4 days. This is a normal response
- Days 1-5 use an approved, mild cleanser and moisturizer. Moisturize as needed or at least 2x per day. Make sure to apply your spf on top of your moisturizer. Do not use products with Active Ingredients (ie. retinol/tretinoin/Retin-A, salicylic acid, glycolic acid, lactic acid, enzymes, scrubs) for at least 1 week after your procedure.
- Mineral Make-up can be applied after 24 hours.
- You can take Tylenol or arnica but do not use any anti-inflammatory drugs such as Ibuprofen or Aspirin.
- Avoid direct sunlight for 48 hours. Limit sun exposure for the next 2 weeks. Wear SPF 30 or higher every day and reapply every 60-80 minutes if outside for a longer period.
- Resume normal products once flaking/dryness has subsided or after 7 days.
- Can start to use home roller 1 week post procedure.
- Do not use Retin-A, Retinols, Tretinoin, for 7 days post procedure.
- Do not schedule any facials, peels, laser treatments or other skin treatments for 4 weeks
- You can start to see a difference in your skin at 1 week but full results will not be seen until 4-6 months post procedure. Do not use old products, home microdermabrasion/scrub/peel products during, after or between your series of treatments.
- Do not apply a **cold** compress to area treated. If you are uncomfortable and your hydrating

lotion is not improving your comfort you may use a **cool** compress.

- If you have a question about your treatment or are questioning if a product is safe to use,
PLEASE CALL THE OFFICE OR EMAIL YOUR CLINICIAN!

It is very important that you call us with concerns. Possible adverse reactions need to be reported to us immediately! A follow-up will be necessary if you are experiencing any type of skin reaction. 608-240-0088 (during business hours) or 608-513-8699 (Anne Pientka, after hours)

Skincare products that partner well with Microneedling & are available at Radiance:

- Radiance C&E Brightening Serum~help brighten the complexion, support healthy collagen production, and fight free radicals. A Staff Favorite!
- Radiance Retinol Pads~ concentrated amount of retinol to refine, soften and smooth the skin, bringing forth a healthier, glowing complexion. An easy addition to any skincare routine!
- SPF~ Sunscreen is always important to protect the skin & prevent damage that can show in the form of crepe skin, fine lines & more. Protect your investment!
- Skinade Targeted Solutions® Derma Defense A+D Boost~ A drinkable skin care product that works from the inside and supports the skin all over your body (not just your face!). Helps increase moisture and hydration, reduces pigmentation, and provides a healthy glow.

Other Complimenting Services to Consider:

- **HydraFacial**

<https://radianceskintherapy.com/skin-essentials/hydrafacial-madison/>

- **RF Microneedling**

<https://radianceskintherapy.com/skin-essentials/genius-rf-microneedling/>

- **Photorejuvenation: IPL/BBL**

<https://radianceskintherapy.com/skin-essentials/bblphotorejuvenation/>
