



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.
- Can apply Medical Barrier to the skin for 4-6 hours after treatment and the night of the treatment. Use your Hyaluronic Acid after the treatment till it's gone(wash hands before each application).
- 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 Hyaluronic Acid to the skin.
- You will have redness and a flushed appearance for up to 2 days. This is a normal response
- Days 1-5 use an approved, mild cleanser and moisturizer(Medical Barrier). Moisturize as needed or at least 1-2x that day. Make sure to apply your spf on top of your moisturizer. Do not use products with Active Ingredients.
- 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 everyday and reapply every 60-80 minutes if outside for a longer period of time.
- Resume normal products once flaking/dryness has subsided or after 5 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 6-8 weeks
- You can start to see a difference in your skin at 1 week but full results will not be seen until 5-8 weeks 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.

**Make sure to schedule your follow up and next appointment at 240-0088 or info@radianceskintherapy.com
Please call with any questions or concerns at 240-0088 or call Anne at 608-513-8699.**
