

Collagen Boosting Facial / Micro-needling

Post-Treatment Instructions

What to expect:

- **Day 1:** Skin will be erythematous and flushed after treatment, depending on the intensity of the treatment. Pinpoint bleeding may occur. Do not apply makeup for at least 12 hours. Continue with skincare products the following morning.
 - **Day 2:** A red or pink hue persists like moderate sunburn. Swelling and slight bruising may be more noticeable on the second day. Minor scratches may be visible. Apply moisturizer as needed.
 - **Day 3:** Skin can be pink or normal color. Swelling subsides. The skin can feel dry or feel tight. A slight outbreak of acne or milia (tiny white bumps) is possible. Light peeling may occur in roughly three days and will be replaced with brand new skin.
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Home Care:

- Gently wash the treated area with a gentle cream cleanser and your fingers only. Gently massage the face with tepid water. Do not scrub, use a washcloth. Cleanse treated area twice a day. Do not use exfoliating products for 72 hours.
- Keep skin hydrated with post-care products recommended by the professional who performed your treatment. It is very important to keep the skin hydrated the days following your treatment. New cell regeneration requires at least 6-8 8 oz. glasses of water a day (if you already drink that- consider increasing by 2 glasses)
- Cool compresses may be applied following treatment for comfort. If neck or décolletage are treated, the redness might last slightly longer.
- Do not exercise for 24 hours after treatment and avoid strenuous exercise for two to three days after treatment until redness completely subsides.
- Avoid saunas, steam rooms, hot baths or hot showers until redness is gone.
- Continue to avoid direct sun exposure to the treatment areas and apply a broad spectrum sunblock with SPF minimum of 30. Apply it at least 30 minutes prior to sun exposure and repeat after every two hours of sun exposure.
- After 2-5 days or whenever the redness in the skin dissipates patients can return to regular skin care products or as soon as it is comfortable to do so. Mineral makeup may be applied the following day.
- Avoid waxing, facials, Botox, injectable fillers or any other skin care treatment 10 days after treatment.
- If skin becomes painful, swollen, red or inflamed, please notify your skin care professional, as this may represent an infection or allergic reaction that may require treatment.

ABSOLUTELY reach out to me with any questions or concerns.

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