



La Jolla Cosmetic
Medical Spa
est. 2013

Microneedling Post Care

DAY OF YOUR TREATMENT

- A gentle moisturizer can be reapplied every 1-2 hours as needed for the remainder of the day with clean hands. Skin may feel excessively tight. This is normal. You will use the moisturizer to help alleviate the dry, tight feeling. Stay very hydrated to support the healing process.
- Avoid perspiring for at least 24 hours post treatment.
- Avoid excessive sun exposure for at least 72 hours post treatment.

AFTER YOUR TREATMENT

2-5 DAYS

- Step One: Clean your skin thoroughly with a gentle cleanser. AM & PM
- Step Two: Apply a gentle moisturizer liberally over the entire treated area and let dry to the touch. AM & PM
- Step Three: Apply chemical free sunscreen, SPF 30 or higher. Great options are: EltaMD UV Pure, or EltaMD Elements, if you prefer a tinted sunscreen. Reapply SPF every 2 hours if outdoors or near any windows. If not reapplying every 2 hours, apply AM only.
- Step Four: We recommend using no makeup products until 2 days post treatment. On days 3-5 you may use mineral based makeup such as: Oxygenetics or Colorscience. If you are unsure as to whether a powder is mineral based, ask your skin care provider before using it.
- Avoid hot showers, steam rooms, and saunas for at least 3 days after treatment.
- If HQ is recommended, start on day 5 at night only for 4 weeks.
- Call the office immediately if any sign of infection occurs. (Worsening redness, pain/tenderness, itchiness, worsening swelling, bumps, pus)

DO NOT USE ANY GLYCOLIC ACIDS, RETINOIDS, OR PH LOWERING SKIN CARE PRODUCTS UNTIL AT LEAST FIVE 7-10 DAYS AFTER YOUR TREATMENT. IF YOU ARE UNSURE ABOUT THE INGREDIENTS OF ANY PRODUCT, ASK YOUR SKIN CARE PROFESSIONAL BEFORE USING THE PRODUCT

You should not resume your normal skin care regime until 7-10 days after your treatment.