



MICRONEEDLING

PRE AND POST CARE

POST-TREATMENT CARE:

Microneedling or collagen induction therapy is a safe cosmetic procedure involving pricking the skin with tiny sterilized needles. These small wounds trigger your body to make more collagen and elastin to help your skin look younger. Microneedling also reduces wrinkles, diminishes scarring, and tightens loose or sagging skin. The optimum results will be seen in 4-6 weeks post-treatment as collagen rebuilds.

Follow post-care instructions carefully to maintain the best possible results from your microneedling treatment. If you have any questions or problems not listed here, call GFaceMD, and we will be happy to help.

To maintain your treatment, follow the following post-care instructions:

- Avoid using ice
- Do not use arnica or bromelain after your treatment
- Use a gentle cleanser and tepid water to clean your face for 72 hours post-treatment.
- Gently dry your treated skin – do not rub or scrub at your skin
- Use serum antioxidants post-treatment to help heal and soothe your skin
- Use hyaluronic acid products to hydrate and restore your skin's moisture
- Use collagen-stimulating peptides to maximize the effects already started by microneedling
- Do not apply makeup for up to 24 hours after the procedure
- Use a broad-spectrum UVA/UVB 30 or great sunscreen. It is recommended to use chemical-free sunscreen every day
- Avoid direct sunlight for 72 hours
- No tanning beds
- Avoid swimming for at least 72 hours
- Avoid strenuous activity for the first 72 hours. Also, avoid sweating which can cause adverse reactions in your skin.
- Do not take anti-inflammatory medications like ibuprofen, Advil, or Motrin for one week.
- You can use Tylenol as needed or drink fresh pineapple juice, tart cherry juice and eat salmon and bone broth-based soups. Take collagen supplements.

For questions or if you have unusual or irritating problems at the treatment site, please notify your injector at GFaceMD at 871-524-3223.