**Micro-needling Post Treatment Instructions**

1. For medical reasons, your results will be photographed and documented in your confidential patient file.
2. Significant healing takes place within the first **2 hours** post treatment. Most clients heal completely within **24 hours**. However, some sensitive skin may require **up to 48 hours**. Total healing time depends on the severity of the damaged skin, the depth of repair process required, and how aggressively the treatment is performed.
3. Slight swelling, heat and redness, and dryness (like mild sunburn) is normally observed, which may last up to **2 to 3 days** in some patients. If you are concerned about any reaction, please call our office and contact your healthcare provider immediately.
4. There will be minor discomfort after the procedure, which is elevated in the first **1-2 hours** and should progressively subside.
5. Use ***only*** the sample skin care products to provide skin care maintenance and moisture for any dryness in the first **3 days.**
6. Scabs may develop around **day 3**. Allow them to naturally fall off and avoid picking at them.
7. Use **tepid water** for the initial **24 hours** to rinse the treated area and gently pat dry the treated skin. Always make sure your hands are clean when touching the treated area.
8. It is recommended that *makeup or sunscreen* should **not** be applied for **24 hours** after the procedure. Do not apply any makeup with a makeup brush, especially if it is not clean.
9. After the initial **24 hours**, apply a broad-spectrum UVA/UVB sunscreen with a **minimum SPF 30 for two weeks**. A chemical*-free* sunscreen is highly recommended.
10. Avoid intentional and direct sunlight for 7-10 days. No tanning beds.
11. No swimming, exercising or strenuous activity for the first **48 hours post-treatment**. Sweating and gym environments *must* be avoided during the first **72 hours post-treatment**; this includes steam rooms.
12. Avoid for **at least 3 days** after treatment: **NO** Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as ‘active’ skincare. **Avoid** products with alcohols, dyes, mineral oils, petroleum acids and lanolin. Again, **only** use the provided skin care products in your sample pack for the first 3 days.
13. **Dr. Alexander will need to see you again in 4-6 weeks. Please ensure you reserve this appointment before you leave our office today. We will contact you to remind you of your reserved appointment.** If **you have any questions or concerns, please feel free to call us at (250) 477-2343.**

**Your next appointment is scheduled for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**