



Microneedling After-Care Instructions

Take extra precautions to guard against sun exposure immediately following the procedure. You will be more sensitive to the sun during the first 48 hours following the treatment. It is imperative that you use a gentle sunscreen with an SPF of at least 30, strictly composed of mineral, physical blockers. (SMD Sheer Physical is preferred) .

After treatment, recommend skin care products include:

1. a gentle facial wash (SMD Ultra Lite),
2. followed by SMD Absolute Hydrating Serum, and
3. moisturizer (SMD Pure Moisture).
4. All products can be used twice daily.
5. To achieve the best results and to protect your skin, sun block is recommended as part of your everyday skin care routine.

During the first 48 hours after treatment, feel free to apply Vaseline to treated areas if you are experiencing excessive dryness or tightness

Do not use skin exfoliants, scrubs, glycolic acid or retinoids for 10-14 days after treatment.

No excessive heat exposure (hot tubs, saunas, steam or excessive exercise) for a minimum of 48 hours after treatment.

Please clean anything that may come in contact with your face (phones, glasses) with alcohol pads and change your pillowcase tonight. We want to keep your face or treatment area as clean as possible to lessen breakouts or infection.

You should keep your skin free of any makeup or additional products for a minimum of 48 hours.

General Information

Potential side effects may include: redness, swelling, burning and skin sensitivity. This could last 1-3 days. If you feel that you are having a problem, please call our office so that we may assist you.

Edema (swelling) is expected immediately post treatment and generally resolves within 24 hours, but can persist longer, there may be some mild to moderate peeling of the skin noticed after the treatment.

Patients may experience a significant redness in the treatment area for up to 3-7 days after treatment. This redness may persist longer in treatment areas other than the face.

If you develop erosions or open sores, please contact us for recommendations.



As with any treatments, the response, results and healing after a microneedling treatment varies with each individual and a specific outcome is not guaranteed.

Please contact us with any concerns.