

# Microneedling Post Care

Only use the Lift Calming Complex for the next twenty-four (24) hours.  
Do not apply anything else to the skin for 24 hours after treatment.  
***This includes make-up, SPF or products of any kind.***

Avoid clothing, headbands, hats or scarves on the treated area.  
*If clothing is to be worn over the treatment area, we recommend cotton clothing that hasn't been treated with fabric softeners or dryer sheets.*

Redness and/or swelling is common and will resolve within 1-2 days.

## Days 1-6 Post Treatment

### AM ROUTINE

Cleanse skin then using a gentle cleanser, apply Rescue Calming Complex, follow with SPF daily.

### PM ROUTINE

Cleanse skin using a gentle cleanser and apply Rescue Calming Complex.

### BRUISING

Bruising, pinpoint bleeding, minor scabbing, minor breakouts, swelling and/or redness may occur and will resolve within 7-10 days of treatment.

### PEELING

Do not pick, peel, rub, scrub or irritate your skin in any way while it is healing, as this may cause scarring.

### HEAT

Avoid heat, saunas, hot tubs and sweaty activity; this includes exercise of any kind for 3 days.

### SUN

Avoid sun exposure for 3 days.

### FACE BRUSHING

Do not use an electric or manual facial brush of any kind (i.e. Clarisonic or something of the like).

### MAKEUP

Mineral make-up may be worn, however, we recommend leaving skin clean for this time period if possible.

## Days 7+

You may resume your regular skin care routine as long as peeling/flaking has subsided. If you are still peeling/flaking, be patient and allow your skin the time it needs to heal before starting back on your routine.

## You May Notice...

- Day 1 - Mild to moderate redness and swelling, similar to a sunburn. No sunscreen or makeup.
- Day 2 - Some persistent redness and swelling may be present. May apply sunscreen and mineral makeup.
- Day 3 - Most redness, bruising, and swelling almost gone.
- Day 4 - Return to normal appearance without makeup.