

# What to Expect

- **Day 0 (day of procedure)- Moderate redness, tight sunburned sensation. Nothing on face except Rescue Calming Complex as needed**
- **Day 1- Mild to moderate redness and swelling, similar to a sunburn. No sunscreen or makeup should be worn.**
- **Day 2- Some persistent redness and swelling may be present. may apply sunscreen and makeup.**
- **Day 3- Most redness and swelling should almost be gone.**
- **Day 4 thru 7- Exercise may be resumed, appearance is almost if not fully back to normal.**
- **Day 8- Skincare with active ingredients may be resumed.**

# Microneedling Aftercare



- Only use the Rescue Calming Complex for the next 24 hours as needed to help soothe and calm the skin. Do not use any other product, including cleanser, within the first 24 hours post procedure.
- After 24 hours post procedure, you can use a gentle cleanser, moisturizer, and sunscreen. The Rescue Calming Complex may still be used as needed.
- Strictly avoid sun exposure the day of the procedure as you will NOT be wearing sunscreen. Continue to minimize sun exposure for the next 72 hours post procedure. Sunscreen may be applied 24 hours after the procedure.
- Avoid using any active skincare products, such as; retinols, vitamin C, etc., for the first week post procedure to reduce the risk of irritation.
- Avoid strenuous exercise or excessive perspiration for 72 hours post procedure, as excess blood flow and sweat can cause discomfort and irritation to compromised skin.
- Bruising is rare, however we recommend that you do not plan an important event within 2 weeks after your Microneedling treatment.