

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.