



BLUE DIVINE[®]

A E S T H E T I C S

MICRO-NEEDLING POST TREATMENT INSTRUCTIONS

- Immediately after your Micro-Needling procedure, do not take any anti-inflammatory medications. Such as Ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- After your procedure your skin care professional may apply a rejuvenating serum or skin moisturizer. You do not have to clean your face before bed but if you would like to, only use a gentle cleanser.
- **Day 1:** On the next day, you may clean your face as usual and apply makeup, lotions and other topical products as usual. Stay away from exfoliants or glycolic acids that are present in cleaners as these can make your skin very dry after the procedure. Be sure to use an approved SPF30 or greater sunscreen!
- **Days 2-7:** Within two 2 days following your Micro-Needling procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer. Follow the instructions given to you by your skin care professional.
- If your skin care professional performed the Micro-Needling around the eyes, you may have a little micro bruising that may exist for three or four days. This can easily be covered with makeup.
- Days later, your skin may start shedding. These are skin layers that would regularly shed a week later, but the Micro-Needling brings this skin to the surface sooner. During this temporary process, your skin will shed and be dry. You may use a gentle scrub to exfoliate.
- **Days 7+:** A week after the Micro-Needling procedure, most patients notice that their skin is smoother and more radiant.

Results vary, but usually a course of 1-3 treatments (maximum of 6, depending on the condition being treated) is typically recommended. Of course, results may vary from patient to patient.