



Esthetics
by
Rachel
Nurse Directed Skin Care



Microneedling Post-Procedure Instructions:

- A layer of Stratacel has been placed on your skin. This allows you to place a light layer of mineral makeup if needed. Ideally no makeup should be used until tomorrow.
- Do not go swimming for at least 24 hours post-treatment.
- Avoid sun exposure for the next 24 hours.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.
- Evening after till 7 days post:
 - *CLEAN* – Use a gentle cleanser and tepid water to cleanse the face for 72 hours post-treatment, and gently dry the treated skin. Always make sure your hands are clean when touching the treated area, and do not use a Clarisonic or other powered cleansing brushes for at least one week after your treatment.
 - *HEAL* – We recommend serum antioxidants post-treatment, as its properties are ideal to help heal the skin by soothing and lessening irritation.
 - *HYDRATE* – Your skin may feel drier than normal. Hyaluronic acid is an ideal ingredient you can use to hydrate and restore the skin back to perfect balance.
 - *STIMULATE* – As the skin starts to regenerate, collagen-stimulating peptides are ideal to maximize the effects of the stimulation already started by the microneedling.
 - *PROTECT* – Apply another thin layer of Stratacel. This will keep in the beneficial products you have applied and keep bacteria out. Do this step until you run out of Stratacel.
- Additional steps for A.M. routine:
 - *SUNSCREEN* – We recommend a chemical-free sunscreen. Keep in mind that you should continue to use a sunscreen everyday—not only the days following your procedure—as part of your skincare routine to protect your skin from sun damage and premature aging.
 - *MAKEUP* – Ideally mineral make-up such as Alchemy Mineral Blends. If using make-up brushes/sponges, please make sure they are clean.
- After 1 week following treatment client can return to regular skin care regimen. Retinol products are strongly suggested to use for optimal results.
- Avoid alcohol-based toners for 10-14 days as well as excessive sun exposure for 10 days. *
- Expect some skin peeling/sloughing for 2-5 days. This is normal.